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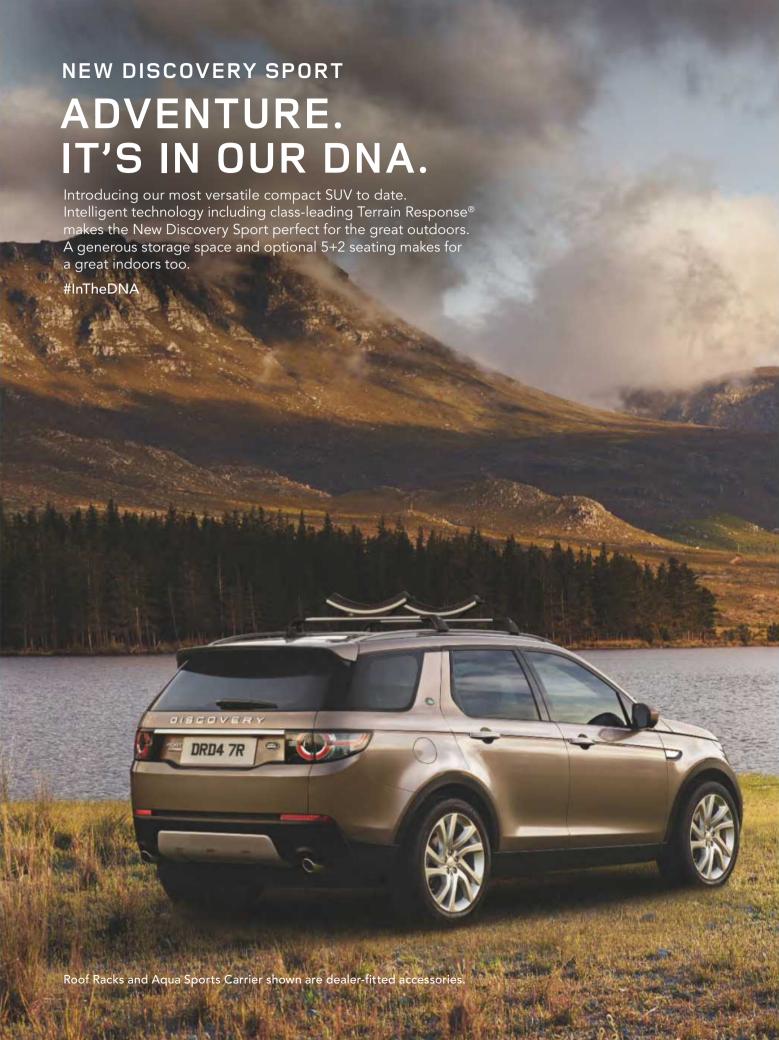
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# **DAVID JONES**

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# Contents 09.15

FEATURES / COVER STORIES

#### 72 **Pull No Punches**

Jake Gyllenhaal stacked on 7kg of muscle for *Southpaw*. His fight plan is now yours.

BY GRANT TAYLOR

76 The Lost Weekend

Your social life is as vital to your health as your diet. Find out why.

BY JOHN BIRMINGHAM

Women are more into casual sex than ever... as long as you play the game like a pro.

BY AMY GRIER

92 Flying Higher

Discover why the fortunes of Brownlow favourite Nat Fyfe are soaring.

BY SAMANTHA LANE



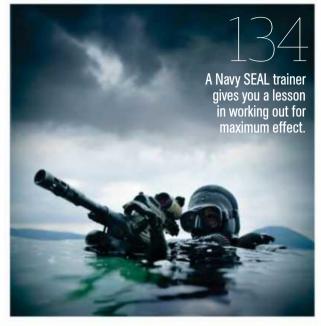


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MA COVER GUY NAT FYFE PHOTOGRAPHED BY JASON IERACE



# **Ed's Letter**









"45 per cent of men aren't satisfied with their number of friends"

# #MateNight

"Mateship" is a concept that's as fundamentally Australian as drinking cold beer or sniggering at England's top order. Long associated with the WWI Diggers, it's an idea that suggests men offering resolute support for one another during tough times. Plus the distribution of really dumb nicknames.

Yet this hallowed concept is struggling to survive modern life. A recent survey from Beyond Blue found that 45 per cent of men aren't satisfied with their number of friends. The research also discovered that male social networks fall sharply after age 30. As that happens, so do their levels of support.

Admittedly, this isn't that surprising. Your thirties are an age when a lot of men are shinning up the career ladder, settling down and firing out offspring. In other words, you're pretty bloody busy. Staggering between deadlines and domestic duties, you can't always spare the time to catch up with mates for a surf or a schooner.

But here's why it matters. Strong social connections are the key to a long and healthy life. An extensive study from Brigham Young University found that loneliness is as harmful to your health as alcoholism, not exercising or smoking 15 cigarettes a day. Meanwhile, the 2005 Australian Longitudinal Study of Ageing showed that while family relationships have minimal effect on your longevity, your friendships can boost lifespan by up to 22 per cent.

That's why this issue, *Men's Health* is launching #MateNight. Inspired by John Birmingham's brilliant story on the death of the boys' weekend (p76), the aim of our campaign is two-fold. Sure, we want to trumpet the importance of friendship to your physical and mental health. But during the next month, we'd also boldly suggest you make the time to catch up with a mate you haven't seen lately. You might talk crap and blow off steam. You might pontificate, laugh or reminisce. Just remember: you're not only doing yourself a favour, you're also throwing your mate a potential lifeline to unburden their own troubles. Or take the piss out of your footy team at the least.

Luke Benedictus

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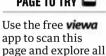
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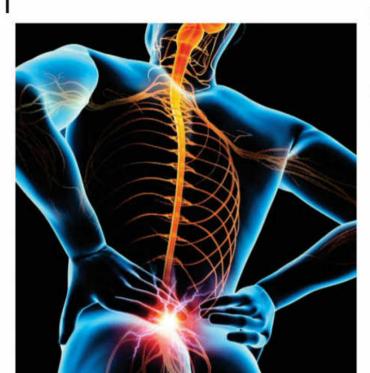
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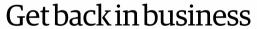


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# DAVIP BECKHAM B E Y O N D THE NEW FRAGRANCE IT ALL STARTS WITH A DREAM





Back discomfort can be severe, constant and have a cause as grave as cancer. But for most guys it comes and goes, brought on by bending, lifting or spending too long on your rump. "The first thing is to be properly evaluated," says Sydney-based neurosurgeon Dr Richard Parkinson. "For most patients I can design a strategy that doesn't involve surgery." If you do need to go under the knife, there's good news: Parkinson is an Australian pioneer of keyhole spinal surgery, which offers speedier recovery from disc herniations and nerve compression.



Expert advice from **Dr Richard Parkinson** BMedSC, MBBS, FRACS

#### Listen to your body

"I get occasional back pain and when I do, I follow the guidelines of painkillers, rest and a gradual return to exercise. I don't believe getting into yoga or pilates is a good idea until the pain has settled. I also doubt that heavy lifting, especially deadlifts and squats, is advisable after the age of 40."

Break into middle

"People who sit a lot

tend to be physically

deconditioned and are

at greater risk of back

injury. To counteract

that, when I'm pain-

free I target core

strength using the

don't smoke is that

supply to the disc."

elliptical trainer. Also,

one of many reasons I

smokers are at higher

risk of disc herniation

due to reduced oxygen

management

#### Lift by the book

"If I'm moving furniture around the house, I make sure I use my legs. If it's more than 20 kilograms, forget it - I'll use a trolley or ask for help. Put your ego to one side in these situations because you've only got one back."

**Deal with** 

weighty issues

"Being overweight is

another risk factor.

I eat a balanced diet.

moderate quantities

and keeping up my

intake of protein.

When it comes to

sleep, people with disc

or sciatic pain find it

helps to lie on their

between their legs."

side with a pillow

carbohydrates in

which means complex

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#### **NO TRAINING SHORTCUTS**

Strength training is a science based on equations. Let's say you're following a German Volume Training program: you simply have to complete 10 sets x 10 reps x four exercises. As long as you stick to this formula (while using the appropriate weight) you have done exactly the right amount of work.



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#### DON'T WASTETIME **IF YOU LIKE HER**

If you've had a memorable date and want to secure another, make your intentions clear. Send her a text the next morning. If her reply is positive, you've got a green light. There's some truth behind treating 'em mean to keep 'em keen, but beware: girls can play games, too.



#### **FILL YOUR TANK FOR GAINS**

Be sure to keep up your carbs when you're training hard, to fast-track results. If you have no carbs to burn you'll end up in the catabolic zone, where you're burning away muscle mass – a goal of very few guys I know. My tip: roast up a big batch of sweet potato to last you the week.



**LUKE HINES** 

Tand author of the Clean Living cookbook series



A world-class, world-travelling adventure photographer, he captures the beauty of light in darkness. Every photograph reveals moments of awe in perfect detail, inviting all to reconnect with the wonders of the world. He ventures to remote landscapes, guided only by the stars, his imagination and the micro gas lights of his trusted timepiece. For him, every moment is an opportunity to experiment without reservations. To feel the impact of light on life. To be Paul Zizka.

### TO BE YOURSELF





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#### Q My grandpa had Alzheimer's. How can I know for sure that my forgetfulness isn't an early sign of the disease? BC

Forgot your neighbour's name this morning? If it popped up a few hours later, you probably just had a brain fart. Even a few of these memory lapses shouldn't be taken too seriously, since they're likely to happen when you're stressed, anxious, depressed or not sleeping enough, says neuroscientist Dr P. Murali Doraiswamy. But if forgetfulness begins to affect your daily life - say you suddenly spaced on how to get to work - see your doctor. The fact that your grandfather had Alzheimer's means your

risk could be tripled, says Doraiswamy. There's no single test to diagnose the disease, so you'd probably undergo memory and neurological exams, blood tests, and an MRI or a CAT scan. Even if you're given the all-clear, keep beefing up your grey matter. Jogging just a few times a week can prevent brain atrophy, according to a study in Frontiers in Ageing Neuroscience.

#### Q All I do is eat but I never feel full. What's up? AH

We'll give you the benefit of the doubt and assume your diet is a healthy, 30/30/40 mix of protein, fats and carbs. If gluttony for fats and sugar isn't the issue, you might suffer from acid reflux. Hunger pangs can result from a build-up of acids in the digestive tract, says nutritional consultant Alice Mackintosh. Eating plenty of high-fibre foods, such as pulses or broccoli, can reduce acid by up to 20 per cent. Drink more water, too. Dehydration can imitate your burger hankerings. >



SEX. DATING. LOVE AND HEAVY-HANDED MAKE-UP. ALICE TRELOAR WILL NOW TAKE YOUR QUESTIONS



Q She hasn't climaxed the last few times we've had sex. She tells me everything's okay. Is she lying? ER

Here's a sad statistic for the sisterhood: only a third of women experience regular orgasms during sex. More often than not it's a case of mind over matter. If she's constantly hassling you to stop playing Candy Crush, chances are stress is zapping her arousal ammunition. My tip? Take a hint from old mate Johnny Farnham and take the pressure down. There's no greater buzzkill than clock-watching till she toe-curls.

Q How do I break it to my girlfriend that I hate the nickname she's given me? HG

Oh, chin up, Angel Bunny. Pet names are a tricky business. especially if she's dropping Pookie Bear around the boys. I'd suggest tackling the nickname debacle with replacements at the ready. Something like, "Hey Babez, as much as I like Doodle Bug, I really dig it when you call me [enter your personal tagline here]." The other option is just stop responding in the hope she'll get the hint. Risky, as it might invite her to yell Schnoopy just that little bit louder.

What's the go with women and cats? RS

Beats me: vou're asking a cat-hater. Well, hate is a strong word. Let's go with cat-avoider. Bruno, on the other paw, is the definition of loyal. Plus, the fact he tears apart the sofa in anticipation of your arrival home does wonders for the ego. (Your bank balance and entertaining options, not so much.) But who needs friends when you have a best mate that withholds judgment when you haven't showered for three days and spend Saturday night on the couch watching Seinfeld re-runs?

She asked how many women I've bedded. It's a lot. Do I lie? CB

As a general rule, lying in a relationship is lame and will more often than not come back to bite you in the deceitful derriere. That said, if your count is nearing triple digits (you devil, you) there's no harm in rounding down to keep her self-esteem intact. There's nothing more deflating than imagining how you compare to 104 other dames. In the interim, see your GP to ensure your equipment's clean. It's fine for you to have a history, but she doesn't need to experience it second-hand.

#### **Four Dates** You Should **Never Forget**

Therapist Robert Taibbi suggests a few subtle celebrations to bookmark



#### WHEN YOU MET

Book a table at the Thai restaurant where you first flirted. Better yet, whip up a Thai stir-fry at home. Chillies are an aphrodisiac after all...



#### HER BIG PROMOTION

She nailed it, so raise a glass, says Taibbi. And lay it on thick: "I knew this would be a lot of hard work, honey, but you killed it."



#### WHEN YOU MOVED IN

Surprise her with an upgrade to your abode. Plant a tree, buy that painting she's had her eye on or spring for a new set of sheets (wink, wink).



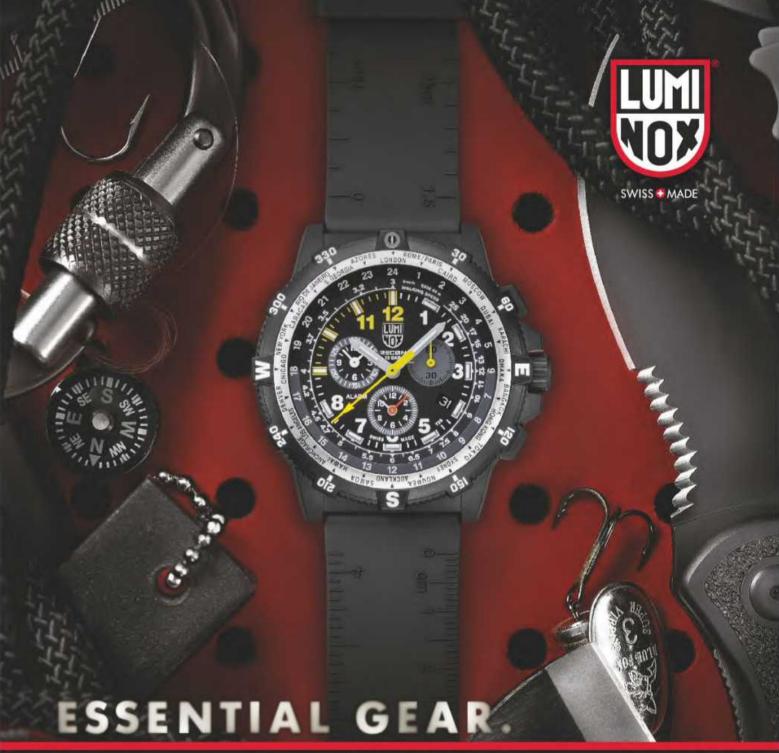
#### **HER MUM'S BIRTHDAY**

Cute, right? But seriously: help her old girl kick back, throw in that new Harper Lee novel, and you could earn a powerful ally.

I reckon my girl wears too much make-up. How do I tell her to go easy? DW

**REINING IN A NEWS-READER** face can be tricky, especially if she doesn't have the confidence in her au naturale features. The best strategy for shaving a layer or two off her make-up mask? Boost her self-esteem with genuine compliments. Every time she gets out of the shower fresh-faced, or if she uploads a photo minus a filter, send a high five her way. She'll hopefully get the memo that you appreciate her appearance without fifty shades of foundation.

Got a question for Ask Men's Health or The Girl Next Door? Email menshealth@pacificmags.com.au or head to yahoo7.com.au/menshealth



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A daily coffee injection could froth up your sex life.

Percentage of men with erectile dysfunction who also suffer severe gum disease, compared with 23 per cent of those without ED. SOURCE: JOURNAL OF SEXUAL MEDICINE

WEIGHT LOSS

BRAIN

NUTRITION

FITNESS

GET YOUR GRIND ON

If you've ever suffered brewer's droop, perhaps you should pick your poison more carefully. A double shot of espresso could supercharge your sex life, say researchers at the University of Texas. They found that men who drank two coffees a day were 42 per cent less likely to suffer erectile dysfunction than those who didn't drink coffee. The researchers believe caffeine relaxes the arteries, leading to increased bloodflow down low. But cap it at two. The researchers found that after two cups, the odds of keeping it up start dropping again.



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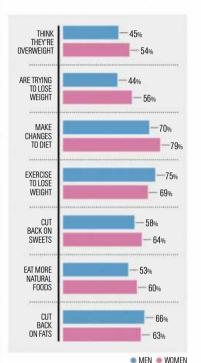


### PULSE

### 

#### WHO CARRIES MORE WEIGHT?

Women employ a more balanced attack in the battle of the bulge than men do. A Nielsen survey reveals that women not only exercise but also make more dietary changes. Men hit the gym but appear to have missed the memo on the importance of healthy eating.



# **ENJOY THE CLUB MED DIET**

Cut your gut, not the good stuff: even a modified Mediterranean diet can encourage weight loss, say scientists from Gottingen University Medical School. People who replaced the diet's standard olive oil with canola and walnut oil and ate two portion-controlled sweet snacks a day lost an average of five kilos in 12 weeks, compared with around half a kilo for those who weren't on the diet. More room for indulgence may help you avoid cravings and make a diet

easier to stick to, the researchers say.

1810

KILOJOULES MEN CONSUME ON DAYS THEY DRINK ALCOHOL SOURCE: AMERICAN JOURNAL OF CLINICAL



DEDICATED TO PERFECTION



## SEARCH AND DESTROY

Think before you google: relying too heavily on search engines could mess with your mind. In a study at the University of Waterloo, people who spent 20 minutes or more a day looking up information on their smartphones performed up to 19 per cent worse on cognitive tests than those who used their devices less. Study author Dr Nathaniel Barr says offloading tasks from your brain instead of solving a problem on your own may make you think less creatively and analytically. Check your mental agility: a bat and a ball cost \$1.10 total. The bat costs a dollar more than the ball. How much does the ball cost? (Hint: It's not 10¢.) SIUGO ANI HOMSIN

#### **FACE VALUE**

Good and bad news for the Jim Carreys of this world. By adjusting your facial expressions you can appear more trustworthy but you can't look more competent. say researchers at New York University. They found happy expressions, with upturned eyebrows and upwardcurving mouths, are likely to be deemed trustworthy. But furrow your brow and you'll be regarded as dodgy. Unfortunately you can't fake competence, which is judged on facial structure: the wider your face, the more competent vou're perceived to be. Want proof? Look at Bert Newton.



(IN MINUTES)

PRESERVE YOUR MEMORY FIVE

TIMES BETTER THAN IF YOU

HADN'T NAPPED AT ALL

THAT CAN

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Give your diet a sea change: a study at Shanghai's Fudan University suggests eating fish may help protect you from liver cancer. People who ate the most fish had an 18 per cent lower risk of the disease than those who ate the least. The omega 3s may help stop your immune system flaring up, reducing cancer-causing inflammation. Every serving of fish per week may net a six per cent decrease in vour liver cancer risk.

The number of words fewer recalled by men on a high trans-fat diet in a memory test compared with those who consumed no trans fats.

SOURCE: UNIVERSITY OF CALIFORNIA



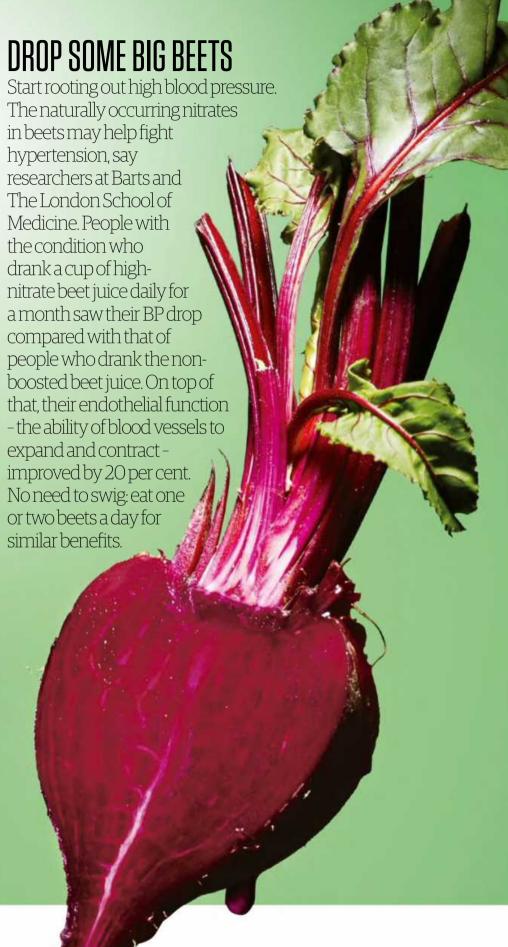
#### FOOD FOR THOUGHT

Don't junk your brain. A study published in the journal Neuroscience indicates that both high-fat and high-sugar diets cause changes in gut bacteria related to a loss of cognitive flexibility and longand short-term memory loss. In mice tested over a fourweek period, the mental and physical performance of those on the fatty or sugary diets began to decline compared with those on a normal diet. Our advice: follow your gut; it knows what's best for you.

# NUTHITION

PULSE

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#### **OLD RULE**

Doing lowintensity "filler" exercises between sets of other lifts - skipping during bench-press rest periods, for example - can accelerate your gains without compromising your performance.

#### **NEW RULE**

Take a load off. Sitting for 2-5 minutes between sets may help you recover faster and more completely. allowing you to put more effort into each rep, say scientists at the University of Utah.

PULSE

Increase in maximum

push-up output among

men who trained for four

weeks with battling ropes.



If your goal is to jump higher, throw harder or sprint faster, don't mix power and strength training, say researchers at the University of Athens. Their study found that men who did separate power workouts gained more explosiveness - a key element of athleticism - than men who folded power exercises into their strength sessions. The scientists' advice: once or twice a week, do three sets of eight explosive reps of the barbell squat, bench anamana and and the second press, jump squat and broad jump. For the first two moves, use 30 per cent of your one-rep max.

# BE A BATTLER

This is easy to grasp: battling-rope exercises can make your metabolism skyrocket, according to a study from the University of Minnesota. Researchers found that using battling ropes for just 10 minutes can burn about 630 kilojoules, putting it on a par with other popular metabolic training tools such as kettlebells. Cap off your next workout with this drill from study author Dr Charles Fountaine. Grab an end of the rope in each hand and begin making up-and-down waves. Go for 15 seconds and rest for 45 seconds. Do this 10 times.

LIFTERS' QUAD ACTIVATION WHEN SQUATTING WITH KNEE WRAPS VERSUS WITHOUT.



You know that heavy lifting leads to faster gains. Now science explains why: lifting to failure with a heavy weight activates 53 per cent more muscle fibres than doing so with a light one, a joint study from Lehman College and the University of Tampa reveals. But don't abandon light loads entirely. "While most of your sets should be in the 6-10 rep range, doing occasional 20-30 rep sets will ensure that you hit both fast- and slowtwitch muscle fibres, maximising your overall growth," says study author Dr Brad Schoenfeld.



# SPORTS NUTRITION

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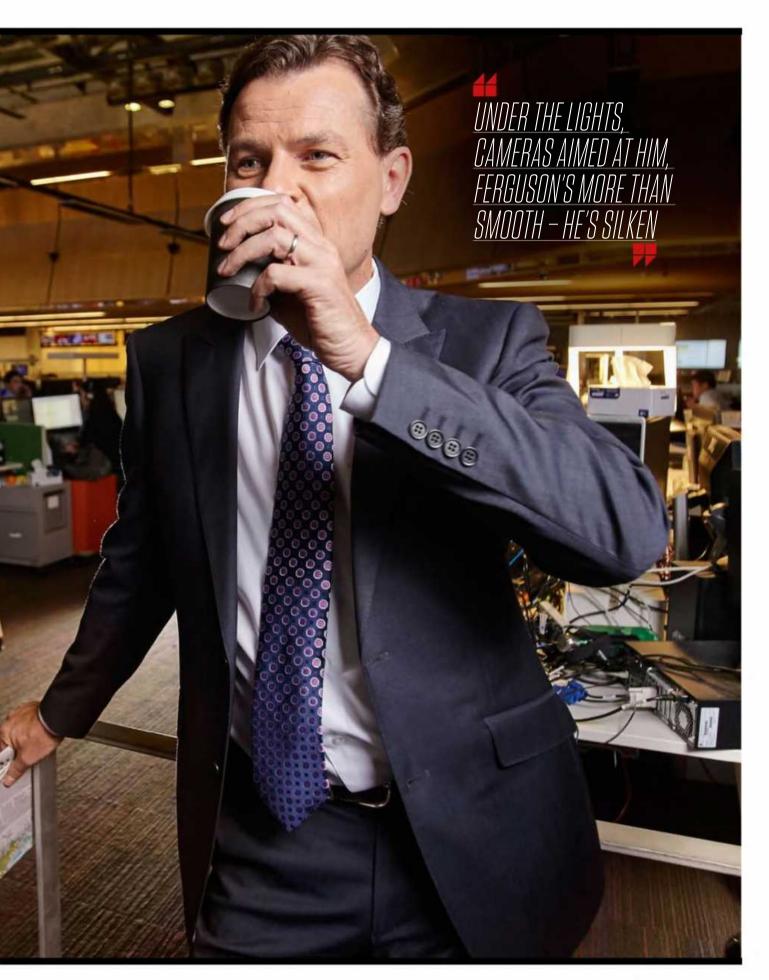












These days an inner-city dweller. he's just dropped off two of his three school-age sons at the bus stop, he tells me, as a waitress places a cheeseand-tomato toastie in front of him.

"It was okay," he says of his performance the night before, "I made a couple of little slips, which mightn't seem like much, but I'll give myself a little kick up the bum privately."

It's clear nothing resembling the immortal Ron Burgundy line - "I don't know how to put this, but I'm kind of a big deal" - would ever enter Ferguson's head. His Seven colleague and mate Chris Reason has seen anchoring roles change people. "You can see their egos start to grow disproportionate to their talent," he says. Ferguson's an exception. "He doesn't play politics or get involved in the bitching sessions that our industry loves."

#### **Deal in Reality**

This meeting is disrupting Ferguson's routine. It's just after nine each morning that a certain email hits his inbox. Sent also to his bosses, it's a comprehensive breakdown of the previous night's ratings across the dial. For some time now this daily analysis has been mostly sobering reading for

Ferguson, with Nine's Peter Overtonfronted bulletin routinely beating its arch-rival.

It's a rivalry with a personal element. Back in 2008-09, Nine dumped Ferguson as its weeknight anchor for Overton, It was a blow that so derailed Ferguson he started training for the New York Marathon to help him stay on kilter, and eventually led him to switch to Seven, where he began going head-to-head with Overton at the start of last year.

"You're meant to say you don't look at them, but for me ratings are a constant pressure that I've had to learn to cope with," he says. The best defence is to focus on your own game. "No matter how long I've been doing it, I'd still like to get better at the job."

Reason is adamant Seven's challenges are not the fault of its anchorman. "Mark's the guy we all look to," he says. "He's at the front and centre of our fight and that's a huge pressure. There's no other job in the world that I can think of - no CEO, no chairman, no frontman of any organisation - where you wake up every morning to an email assessing your performance, night after night, minute by minute, and you have to answer to that."

### ## RATINGS ARE A CONSTANT PRESSURE I'VE HAD TO LEARN TO COPE WITH

And vet, when it comes to stress and the newsreader, ratings are only one head of a five-headed beast. Ferguson is thoughtful as we discuss the other four.

- The anxiety of Lights! Camera! Action!
- ·The need to meet his own high standards.
- The pressure to keep looking good as the years tick by. (A screen idol delivering the news, Ferguson in person looks closer to - though still well short of – his 49 years.)
- · The presence of ambitious up-andcomers, who are waiting, not always patiently, for a chance to knock you off.

"Gosh," laughs Ferguson, "I'll need therapy after that!"

He acknowledges all five as valid, but it's the ratings that weigh heaviest. In this business, second-place won't cut it forever. And it says a lot about the faith Seven has in Ferguson that in June it signed him to a new fivevear deal.



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**√** WHEAT FREE





Behind the shiny facade, the newsroom is a frenetic place. On court with son Ted finds Ferguson far more relaxed.

As for rising stars, Ferguson hopes he's supportive of them - as the late Ian Ross (Seven's all-conquering anchor in the post-Brian Henderson vacuum) was towards him. One-time colleagues, "Fergo" and "Roscoe" later went head-to-head as the frontmen at Nine and Seven respectively. "He was kicking my butt, night in and night out, but he was still in touch. still telling me I was doing a wonderful job," Ferguson says. "That was absolute class, and I can't tell you how important that was for me." Ferguson vows he won't become "the opposite guy". He knows the time will come when someone better than him emerges. "And it's not in my nature to cling to a position when you're no longer wanted."

#### **Know Yourself**

As a cricket-loving teenager in Tamworth, Ferguson never dreamed he'd have a big-city anchoring role to protect. The plan was to become a vet, but he was flunking maths, physics and chemistry. His career adviser

pulled him aside to offer a piece of life-changing advice: "It's probably about time you started playing to your strengths." That strength was a way with words, and while Ferguson was waiting for his HSC mark, his mum told him the local TV station was after a cadet.

Success. He was raw, clueless about the world and loathed the sound of his country-boy twang. But on starting out, what guv isn't ill-equipped for the position he'll come to hold?

While Ferguson might have stumbled into the news game, he got his bearings fast. Then his competitiveness took over. "Getting in that chair is a career benchmark in television," says Reason. "And it's a job that asks so much more of the incumbent than it did of previous generations of newsreaders. I'm not being disrespectful to any of them, but it's more today. It's not just being able to present the news. It's about handling those rolling news broadcasts that can go for days. You need people of Mark's calibre to pull it off."

Sure. But there's also a view that Ferguson is so practiced that little of his personality reaches the viewer. Says one insider who's friendly with both Overton and Ferguson: "When I listen to Pete reading the news, I hear the same guy I've chatted with in the coffee room. But when I listen to Fergo, I hear a newsreader."

I ask Ferguson whether he feels the need to subdue his personality on-air for the dignity of the position. Not really, he says. There are plenty of blokes in the game with a flair for showmanship. As for him, he's dabbled in roles requiring a lighter touch and felt out of place. He feels he's exactly where he belongs - "and I'd also like to think that most of the real me is coming through. I'm not a loud personality. I'm not that guy in the centre of the party cracking the joke."

It's a Friday morning, school holidays, and Ferguson's shooting hoops with middle son, Ted, at an indoor court in the city. Ted's on! It's nothing but net from all angles. Dad mixes praise with goodnatured ribbing, which Ted returns: "I definitely got my shooting genes from Mum..."

In Ferguson's laugh you hear a note of hard-won perspective. His job's important. He excels at it. And he'll do all he can to get Seven News back on top. But some things trump ratings hands down.

## SPEAK IN PUBLIC LIKE A PRO

It wasn't always easy for Ferguson, His top 3 tips for nailing your next address

- Forget perfection. "I used to be too conscious of not making a mistake. It makes you come across as stern."
- hint of a smile. It relaxes you while engaging your
- With themes rather your head, you'll "Rolling coverage with no autocue used to terrify me: now I embrace it."

# PERFORMANCE,

Multhal

Matt Abood, age 29
World Champion Australian Swimmer

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synergynatural.com

Kicking back this spring is vour shortcut to a better body. Donkey kicks improve your core stability and strengthen your glutes for faster race times

Signing up for that obstacle race probably seemed like a good idea back when your January resolutions were going strong. But if the only training you have

under your belt involves a hectic daily commute, it's time to kick-start your prep with a move that will build the core strength and agility you need to leave rivals stuck in the mud.

Standing donkey kicks force you to recruit the full spectrum of stabiliser muscles: you won't just be torching kilojoules, you'll be strengthening the lines of communication between your upper and lower limbs as your whole body works to keep you balanced. This translates to improved overall co-ordination and performance, whether you're swinging a golf club or clambering across monkey bars.

What's more, this move targets the gluteus maximus - the engine room that determines your propensity for speed and lower-body power. We think adding a little horseplay to your training is well worth the pain in the arse.

KICK BACK

Now shoot your legs back and up in one explosive movement; lean forward as you kick, taking your full body weight onto your hands.





#### **SET UP**

Begin with your feet 15 centimetres apart, then drop into a squat. Your knees should be bent and your torso tilted forward 45°.

**DRAW UP** 

Keeping your upper body still, draw your right heel back and up towards your glute. Brace your core for balance - you're going

to need it.



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## **HOW DO YOU MAKE FANTASY A REALITY?**



#### Can your fantasy handle reality?

Before you share it, you need to figure out how much you and your partner have in common. Emily Dubberley, author of Garden of Desires, suggests this indirect disclosure trick: "Start by reading the filthy bits of erotic stories to each other (try karaslinks.com). It'll immediately tip you off on what gets her hot. If she recoils at something you'd love to try, that doesn't mean it's off-limits, just that you have to approach the chat with caution."

This conversation is best had remotely. As psychologist Meg Barker notes, it's much easier to write out fantasies and share them. Do it over text. Start by sending her a link to one of the stories. Then cut and paste the bit that gets you going and encourage her to do the same. Besides saving embarrassment if either one of you has misjudged the other's turn-ons, it ramps up the anticipation if you've found common ground.

Rather than focusing on persuading her to do that thing, think of fantasy sharing as a game. Barker suggests creating a yes/no/maybe list of the eight hottest things you can think of to see what your filthy minds have in common.

If you've never talked about this stuff before, you'll be seriously surprised - the top four things on the list will probably be things she's already tried, so don't get jealous. And for more hesitant partners, the "maybe" element will also give her room to tentatively agree to things without signing on the dotted line.

To kick things off, lie in the dark and talk through your lists. Verbal foreplay is proven to turn us women on much more than men, so you're more likely to see your fantasy become reality.

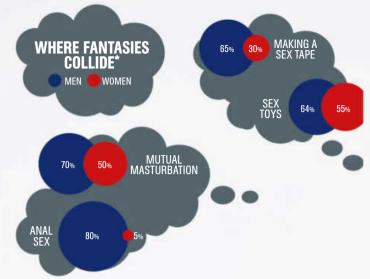
#### The night of your life

Let's start with the basics. Porn sites might seem ideal for inspiration, but they're concerned with promotion, not education. Use kinseyconfidential.org - the best sexual exploration site on the net - when researching ideas for your mutual fantasy. As well as dealing with the basics, it offers frank

answers to big questions such as: "Any recommendations on a specific vibrator?"

For advice in acting it out, books are ideal. They go into more detail than any website can. Try Wild Side Sex by Midori for an intro to fetish, or The Ultimate Guide to Kink by Tristan Taormino if you're not sure what you fancy - it's a whistle-stop tour of sexy subjects.

These books also cover the law: she might be thinking wistfully about sex on a beach (women's favourite fantasy, according to a 2013 survey by Totally Bound publishing), but sex in public can land you years in the slammer if you partake on the wrong shore.







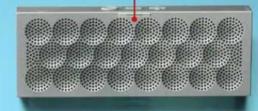
- MH Tech Guy Esa Ruohonen

#### **JAWBONE MINI JAMBOX**

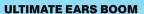
#### KILLER TRAIT POCKETABILITY

Ultra-portable, ultra-stylish and oozing high-end quality, this comes in five subtly different designs and nine colours. While it's the Bruno Mars of speakers (small body, big sound), for even more volume you can wirelessly connect it to a second Jambox for twice the oomph.

\$139; jawbone.com



Not a tangled cord in sight...



#### **KILLER TRAIT TOUGHNESS**

Having always had the respect of the audiophile community, UE lets no-one down with this compact, portable meshed can that punches well above its weight. Knock-, water- and stain-resistant, it'll take whatever life throws at it without missing a beat. \$199.95; ultimateears.com



#### **KILLER TRAIT** ENDURANCE

The detailed, spacious sound oozing from the Danish audio specialist's first foray into the portable realm is a feast for your ears - if a bit heavy on your wallet. Dual-sided drivers with a stunning 24-hour battery life complement the minimalist, retro-funky design options. \$579; harveynorman.com.au



#### **BOSE SOUNDLINK MINI2**

#### **KILLER TRAIT SOUND QUALITY**

If you thought all that was missing from the original Soundlink was a speakerphone and micro USB charging, this could be your Holy Grail. While you pay a bit more for the Bose polish, the quality of both build and audio makes this well worth the outlay. \$299; bose.com.au

#### **JBL PULSE**

#### **KILLER TRAIT NIGHTCLUB LIGHTING**

It may resemble a mosquito zapper, but if you like your music to look as good as it sounds then your search is over. The Pulse's built-in 360° LED light show will be the main attraction at any beach bash, BBQ or house party. \$329.95; jbl.com

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information with carefully selected business partners for the purpose of them sending you such information directly. We will always provide you with the ability to opt out of those communications.



Forget
Fantastic
Four - three
is the magic
number when
it comes to
your delts.

A set of wide, thick deltoids makes you a force of nature sure to attract an avalanche of female attention, promises MH muscle adviser Ray Klerck

If you want to accentuate your V-shape while simultaneously improving all your upper-body lifts, the smart play is to target your shoulders. That's because they get pulled into action almost every time you heft the iron. Big, strong shoulders round off your physique, help you strike perfect posture and boost sports performance.

Quick anatomy lesson: your shoulders are made up of three muscles – your front, middle and rear delts. And some quick advice: make sure you work all three. Most guys ignore their rear delts. Big mistake. By doing that you won't look as good in a tee and you'll create strength and muscle imbalances that will leave you prone to injury.

Fortunately, this workout treats the shoulder as the three-headed monster it is. Do it twice a week to load your upper body with pure muscular authority.

#### FITNESS



#### **SUPERSET 1:** REAR SHOULDER FOCUS

#### ▶1/ SEATED MILITARY PRESS

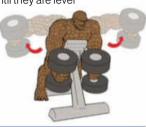
- A) Sit on the edge of a bench, with the back pad set to vertical, and rest a barbell across the front of your shoulders.
- B) Straighten your arms to push the weight above your head, without locking your elbows at the top of the movement.
  Slowly lower to the start position.



#### 2/ INCLINE REVERSE FLY

- A) Lie facedown on an incline bench set to 45°. Hold a dumbbell in each hand with your palms facing each other.
- B) Keep a slight bend in your elbows and raise the dumbbells until they are level with your shoulders.
  Hold for a second, then slowly lower to the starting position,

maintaining a straight back throughout.



#### **SUPERSET 2:** FRONT SHOULDER FOCUS

#### ▶1/ PIKE PUSH-UP

A) Get into a push-up position with your hands shoulder-width apart. Walk your feet forward until they're about a metre behind your hands. Your body should form an inverted V, with your hips at the apex.

B) Keeping your legs straight, bend your elbows to pump out a push-up, feeling the tension in your shoulders.



#### 2/ DUMBBELL FRONT RAISE

 A) Stand with your feet shoulder-width apart, holding a dumbbell in each hand.

B) Raise the weights directly in front of you until they're in line with the tops of your shoulders. Take two seconds to lower them to the starting position.



#### **SUPERSET 3:** SIDE SHOULDER FOCUS

#### ▶1/ LATERAL RAISE

A) Stand with your feet shoulder-width apart holding a dumbbell in each hand at your sides. Keep a slight bend in your elbows, with your palms facing each other.

B) Raise your arms to your sides. Imagine you're holding two jugs of water – don't tilt your wrists forward. Stop when the weights are even with the tops of your shoulders. Pause, then lower them along the same path.

#### 2/ MEDICINE-BALL THROW-UP

- A) Stand holding a medicine ball close to your chest with your elbows bent. Keep a slight bend in your knees.
- B) Forcefully straighten your arms to throw the ball as high in the air as you can. Catch it, absorbing some of the force by bending your knees.





STRAIGHT TALK ON
GETTING RIPPED FROM
BODY-TRANSFORMATION
EXPERT GREG
JOUJON-ROCHE
(ONEBODYONELIFE.COM)

#### GREG'S SIX KEYS TO BUILDING A CENTRE OF EXCELLENCE

From Brad Pitt to Matt Shirvington, I've been shredding guys' abs for decades. Here's your blueprint for a mind-blowing midsection.

Treat abs like chest
You can't cardio your way to a
ripped stomach. Nor can you do
countless crunches unless all
you're seeking is general
conditioning. To get the abs you're
after, treat them like a major
muscle group. That means low
reps and heavy resistance.

**Zone in** 

Go heavy, go intense – but also focus on isolation. You want to challenge your stomach while never leaving your stomach. Keep your neck and lower back out of play. Stay in your stomach and turn it up! That's called controlled intensity. Every time you train them, your abs should be protesting the next day.

Chase the side effects
You also want to get lateral
with your midsection in order to hit
those visually impressive obliques.
A great way to do that is by adding
one particular martial arts move:
the roundhouse kick. It's a circular
kick that works a charm.

Attack from the rear
Your lower back ties into
your abs. So start doing exercises
like good mornings and back
extensions. And squats! Next time
you squat, feel how much your abs
come into play.

Feed them smart

To unveil your abs, you need to eliminate excess sugar and restrict carbs, especially those wheat-based bloaters like bread and pasta, while being sensible with overall portions.

Live in your abs
Get out of your car with
your stomach. Walk upstairs with
your stomach. Be in your middle
all the time.

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Pythagoras may be forever associated with high-school maths, but smart men go classic for

an epic physique

#### Py's favourite snack was a diabetes preventative

He mixed poppy and sesame seeds with a paste of chickpeas and honey. Honey's satiating properties are well known, while chickpeas and seeds are powerful blood-sugar regulators.

Pythagoreanism was a precursor to Platonism. His school was acclaimed for its medical teachings

Pythagoras was an accomplished Olympic coach who trained elite sprinters, boxers and wrestlers

**PYTHAGORAS** (570-495 BCE)

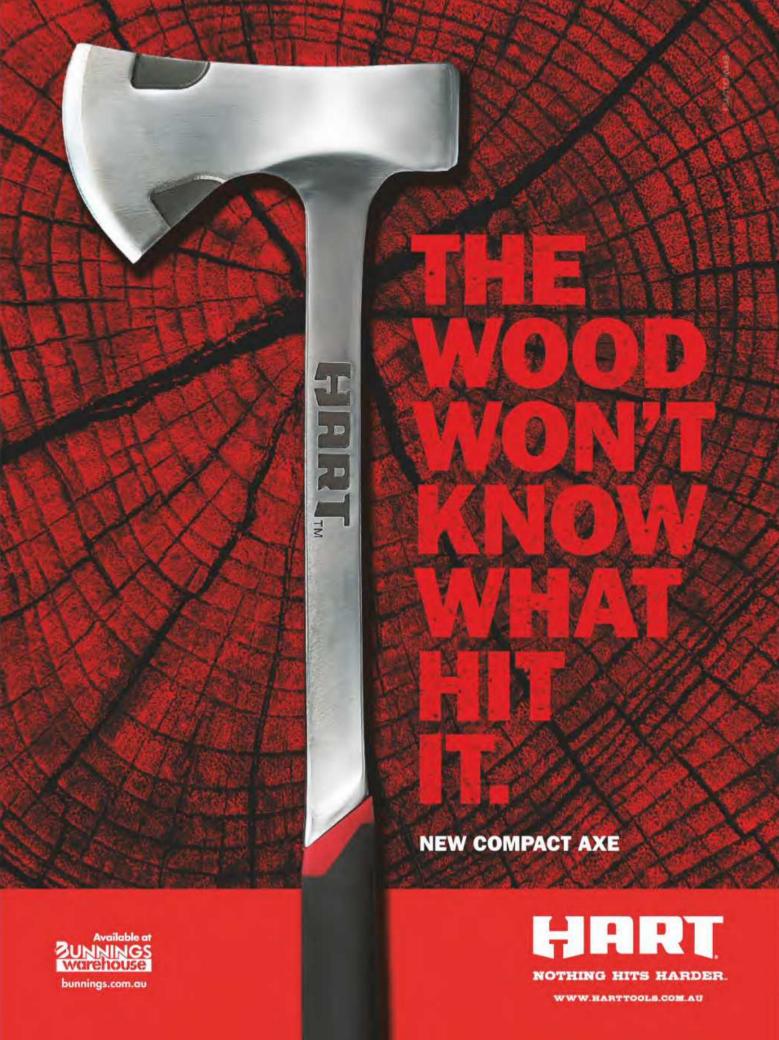
One of his students, Milo of Croton, became the best athlete and warrior of his time. Milo ate animal flesh and fat, with minimal carbs. Recent studies ratify this approach.

His teachings were indicative of a Greek foodie curiosity, an approach that would develop the warriors of legend

The idea of "mindfulness" may leave you cold, but focusing on the taste and texture of each bite of food has been found to help switch off stress. Studies on Navy SEALs confirm this. If it works for the modern-day Spartans, we're sure it'll have benefits for you.

Pv also advocated the 5:2 fasting diet way before your girlfriend started it

Py taught mindfulness to his students, without the help of sunset pictures on Instagram





"It was crazy," says Littlehales. "Take track cycling. Half a centimetre can be the difference between a gold medal and failure, but sleep wasn't being treated as a performance criterion."

Same goes for the rank and file, he argues. While vou know vou function better on the back of quality shut-eye, you've been conditioned not to use a rough night as an excuse to take it easy. Neighbour's dog barking till 4am? Oh, well . . . off you go to balance the books/lay carpet/perform heart surgery.

"Regardless of what you do for a living, being smart about sleep will see you lift your game," says Littlehales, who's counselled footballers at Manchester United, Chelsea and Real Madrid, as well as Olympic archers, cyclists and sailors.

Here are his top six pointers for creating the preconditions for worldclass snoozing. No drugs allowed. Sleep tight.







#### **Know Your Chronotype**

Some guys are larks and some are owls. We all know that. But it's long surprised Littlehales how little account glamour football clubs take of this fact.

If you're a lark, you're up early and feel your best in the morning. By nightfall, you're flagging. So how could you be the right man to take a penalty late in a game that started at 8pm - or chair a lateevening conference call? "Your alertness, decision-making ability and reaction time will all be down," savs Littlehales.

**YOUR MOVE** Respect your physical make-up, asking least of vourself when vou're effectively closed for business. This has implications for your choice of job and how you structure your day.



If you're like most people, you're attracted to a warm bed in a cosy room. But you can take "cosy" too far. One footballer Littlehales worked with was hiking his bedroom temperature to 32°C: "It was like walking into a sauna."

Bad move. "The temperature in your sleeping environment is absolutely crucial," Littlehales explains. "One of the natural triggers for sleep is a cool room and a cool bed."

YOUR MOVE "We know from research that sleep can be naturally induced by moving into an environment where the temperature is between 16°C and 20°C." savs Littlehales. In the warmer months, achieving that coolness at the back end of a scorcher can't be left to chance. No air-con? Go with bare floorboards or tiles underfoot, as well as dark curtains.



#### Go Offline

Many soccer stars deck out their bedroom with the full gamut of electrical gizmos, notes Littlehales. "The TV might come out of the bottom of the bed. there's a smart-device dock. laptops on the bed and standby lights everywhere."

Again, this is a blueprint for sabotaging sleep. Round-theclock exposure to artificial light blocks the cascade of hormonal changes that sets you up for a rejuvenating night's sleep, explains Littlehales, "We have a new word to explain why some people find it difficult to fall or stay asleep: e-somnia."

YOUR MOVE Correct prep for a stint in dreamland begins not when you tuck in but at least 90 minutes earlier when you switch off anything emitting artificial light. Your aura doesn't count.



#### **Curl Up Like An Infant**

"As a kid, you jumped onto the comfiest thing you could find and curled up in the fetal position," says Littlehales. "While there's no research that proves it's the best position for sleep, it ticks all the boxes for being a posture you can maintain for a long period."

Littlehales also recommends lving on your non-dominant side (your left if you're right-handed). Subconsciously, guys will be more relaxed in this position, he argues, because it frees up your dominant side to fight off attacks that may occur while you're in this vulnerable state.

**YOUR MOVE** Go fetal for comfort and to help prevent snoring (and the kicks from your partner that can provoke). While nocturnal attacks from sabre-tooth tigers are rare nowadays, sleeping on your non-dominant side could help you stay tuned out for longer.



#### **Sleep By Numbers**

Ninety is the magic figure when it comes to sleep. That's because in 90 minutes you go through all the various stages of sleep, before hopefully starting over again without interruption.

"For my athletes, optimally, I want them to have five 90-minute cycles, before waking naturally at the end of the fifth feeling fully mentally and physically recovered," says Littlehales. YOUR MOVE The reality is, you'll get those full five cycles only some of the time because the hour at which you nod off will vary according to circumstances - like

an unexpected sexual advance. Here's the thing: with sleep, less can be more. You'll feel better if you have four complete cycles than four plus an incomplete one. Hitting 35 cycles over a week is more realistic than getting five every night.



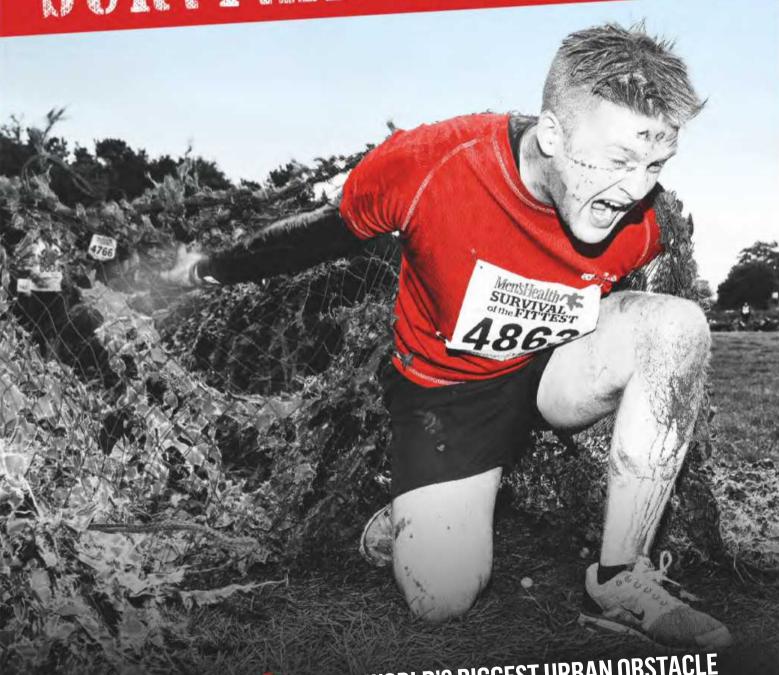
#### **Breathe Right**

Littlehales reckons we've forgotten how to breathe, too often drawing in air through the mouth instead of the nose, which would help stop illness-causing microbes infiltrating your system.

You know colds and 'flu murder sleep, but another effect of mouth-breathing is that it dries out your gob and causes generalised dehydration - something that will wake you up before you're ready to face the world.

**YOUR MOVE** To breathe correctly in your sleep, you need to do it right in your waking hours, says Littlehales. Whether walking to work, standing in the lunch queue or tearing up the dance floor, practise inhaling through your nose and exhaling out your kisser.

# SURVIVAL IS COMMIC



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## "All employers could see was a lazy, fat guy"

**Excess lard was stopping Raymond Fan** getting the career he craved. Losing weight meant gaining the life he'd dreamt of



In my teens I remember seeing a doctor after dislocating my finger - but my finger was the least of his concerns. He ran a diabetes test on the spot. I'd thought about trying to lose weight for a long time, but I honestly figured it was something I would never be able to do.

#### **The Gain**

Growing up in Ireland, I was fat from the word go. My parents ran a Chinese takeaway in Waterford, and with the long hours involved I often ended up eating there. Sweet and sour pork with fries was a favourite. Given my portion sizes were massive, it was a recipe for disaster. By primary school, I'd already accepted that I was the "fat guy". I didn't exercise and my weekends were spent lazing around the house or going to the movies.

#### The Change

OF.

I studied hotel management and always wanted to work at the most luxurious hotels. As part of my studies I had to get on-the-job experience, but nobody would take me on because all they saw was a lazy, fat guy. I'd had enough - I wasn't going to let my weight hold me back from my dreams. TOLD TO GRANT TAYLOR So I joined a gym. I remember

being too afraid to ask for help, so Liust jumped on the cross-trainer. I was exhausted after 15 minutes. but kept adding five minutes to my sessions until I was smashing out 40 minutes, seven days a week. I also slashed my carb intake and steered clear of booze.

I saw an advert for a local soccer team and started training with them, which is when I first started weights training. I needed it! In two years I'd become skinny, having lost more than 45 kilograms.

#### **The Result**

My university lecturers witnessed my transformation and thought it showed character. That, alongside high marks, ultimately saw me crowned student of the year. It wasn't long before I started my dream career at the Four Seasons hotel chain.

Four years ago, aged 21, I migrated to Australia. I weighed 69kg and I wasn't thrilled with how I looked, so I directed my newfound determination towards stacking on muscle. I remember always wanting to bench-press 100kg, just once. After piling on 14kg of muscle, I now warm up with 100kg, and my body-fat percentage is sub-10. Nutrition is now a huge part of my life. My

girlfriend runs a prepacked lunch business, so I'm fortunate to have clean meals on demand.

**GUTLESS WONDER** 

Hotel catering

Raymond Fan

Sydney Height: 180cm

more focus and energy. My family and friends are proud of what I've achieved, and the change in people's first impression of me makes me feel great.

#### The Advice

Don't be scared. We're all human and we all started in the same place: the bottom.

achieve and why. You now have

Lost the lard? Tell us how by logging onto vahoo7.com.au/menshealth and clicking on "Gutless Wonders". Next month's winner will receive a pair of **Asics Gel-3030** running shoes valued at \$230.



These days, I have so much

Figure out what you want to the motivation to change.

**FUEL ECONOMY** How Raymond's food swaps saw him dump fat



Large serve of fries 2140k7



1 cup of



Serve of sweet and sour pork 970k7



1 skinless

chicken breast



My wife and I were *very* close – what you'd call an "item" – for 26 years. So when she died of fucking cancer four years ago it felt like one half of my personality had been abruptly amputated.

**PHOTOS BECAME SUDDENLY** very precious. It began with the funeral service and the picture presentation we bereaved types put together for the ceremony. I had a powerful urge to hoard every image ever taken of her, and so I asked friends and family to send me everything they had. I put a selection of them in chronological order so we could run the slideshow.

My face appeared about halfway through the sequence as we met, courted and travelled together. Then came our wedding. Then along came our son, first as a shiny newborn, then fun little kid, then cool teenager, then young adult. Lots and lots of good times and sunny, happy days. Then a few of her wearing the chemo bandanna. Then it was over.

It was moving and funny and very sad for everyone to sit through. But as I watched during the ceremony, and in those tough months beyond, it seemed like my life was over, too.

My future was a blank. I couldn't make up my mind about anything. I quit work then went back to work again a few weeks later when my boss asked me to help out, though just for a few days a week to leave plenty of time for dedicated moping. I was determined to complete the kitchen renovation we'd been planning, in my wife's honour, then thought about moving house, then staying put, then moving again ... But I could hardly see my way past an evening, let alone a coming weekend.

For some reason I thought that I'd start to feel better after a year. But that didn't work – and that first anniversary of her exit was a shocker that took me right back to square one. I thought I was a pretty smart guy, but it still took me another six months or so after that until I finally got it together to google "grief counselling" and take myself off to see a shrink.

I told my therapist about this feeling: that when I looked at the photos of our married life together, now over, it felt as if my life was over, too. No, I wasn't about to top myself: I'd simply already met the love of my life and raised a son who had found his feet in the world. Anything else that happened in my life now would just be a postscript. She asked questions and ran some tests. As I suspected, I wasn't depressed – just bereft.

She kept reminding me how young I was at 52, and how much I could look forward to. I felt dubious. But by now I was craving female company. As I began to grow accustomed to my

singledom, virtually every instance of female contact became charged with ludicrous meaning. The smallest kindnesses from any vaguely attractive female I would interpret as potential courtship. It might only have been the merest hint of a sideways glance in a queue to buy a sandwich. But ... was this woman interested in me? I really was quite mad.

"Why don't you try dating?" my shrink asked me. "What's the worst thing that could happen?" So we ran through the available women in my world. There were a few singletons in my suburban sphere, and a couple of attractive women at work. But I couldn't face the prospect of knowing someone already, then have things

turn sour, then have to bump into them on a regular basis.

"What about internet dating?" my shrink asked. Too brutal, I said. "A few email exchanges couldn't hurt, could they?" she countered. No they probably couldn't. So I signed up.

Was I even prepared to enter another relationship? Yes. No. Maybe. I knew I was a better person as one half of a couple. But the notion of re-partnering seemed preposterous. How could I contemplate falling in love with someone new when I was still in love with someone else?

One thing I knew for sure: I had to change something. You cannot wallow forever. You cannot revise forever. Stop looking at pictures of your past life. Find something to look forward to, which might mean sticking your neck out.

The email exchanges *didn't* hurt. And after a few hiccups I soon overcame my yips about dating for the first time since my teens. I met some very decent, caring, attractive women, and dated several of them a number of times. Over the course of a year I got well-practised at dipping in then backing out. My shrink praised me for being "discerning".

Then a friend texted to say she had a friend who had been recently dumped. This friend was very attractive, very smart, a great cook, very funny, looking to get back into circulation after a 17-year relationship went suddenly south. Let's do it, I wrote back.

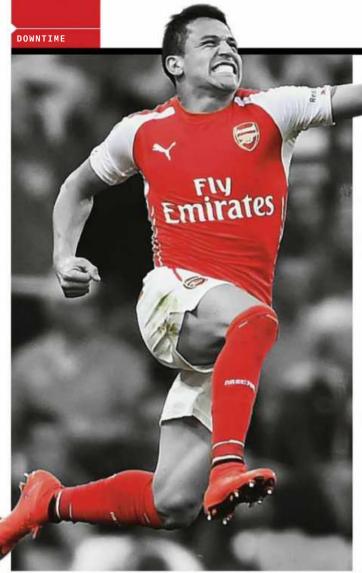
That was a little more than 18 months ago. Last Saturday morning, as we ate breakfast, planned our day and discussed our coming holiday, my girlfriend said that she would like to talk about our future.

I said okay.



STOP LOOKING AT

PICTURES OF YOUR





## LEAGUE OF THEIR OWN

With EPL teams packing out stadiums around the country on their pre-season tours, English football has never been more popular. As the new season kicks off, we asked FoxSports football commentator Robbie Slater for his top-flight form guide

#### **▼PLAYERS TO WATCH**

Fresh from winning the Copa America with Chile, Arsenal forward Alexis Sanchez is set for a stand-out year, reckons Slater. "He's all action. He's comfortable up front, comfortable on either wing. He's a little excitement machine."

Attention could also focus on Tottenham striker Harry Kane, who surpassed all expectations last season. "He had a fantastic season last year," Slater says. "The question is, can he continue?"

#### **TITLE CONTENDERS**

Don't bother looking outside the usual top four of Chelsea, Man City, Arsenal and Man United, says Slater, It's been 20 years since any other team won the league (Blackburn in 1995). Present champs Chelsea remain title favourites, with Arsenal the most likely challengers. "Their mix of skill is unparalleled," Slater says of the Gunners.

AMSUN

#### **DARKHORSES**

The teams most likely to threaten the top four are perennial also-rans Tottenham and Liverpool. You might get great odds on Stoke City or Everton but you'd be better off buving shares in Kodak than putting your money on them, warns Slater. "Southampton nearly did it last year, but as with every year, they've been raided again."

#### RELEGATION BATTLERS

"For newly promoted teams like Norwich and Bournemouth, a great season will be simply staying in the Premier League," says Slater. "Leicester had a miraculous escape last season and Newcastle were very close. Crystal Palace had a good season, but I think they might struggle this year."

#### **BESTSIGNINGS SOFAR**

"Arsenal signing Petr Cech from Chelsea was a masterstroke," says Slater. "He's one of the best keepers in the world." Slater also likes Liverpool's acquisition of Brazilian forward Firmino. "He's very skillful. Since Liverpool lost Suarez, they've lacked goals - he's certainly someone who can bring



Socceroo and Crystal Palace captain Mile Jedinak is the main - in fact the only - Aussie of note. "It's rare to see an Australian lead an overseas club - that's how good a captain he is," says Slater. "He'll be crucial for Palace's survival hopes."

them that."



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LEET TO RIGHT

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#### **BLUE BLOOD**

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Cap it all off in style by Kaminski XY, \$98



Stylish waist management by R.M. Williams at Myer, \$74.95



When presenting your business case, blue signifies integrity Briefcase by Mont Blanc, \$1490; laptop case by Coach, \$700

THE WORLD'S FAVOURITE COLOUR IS PROVEN TO CALM YOU AND MAKE YOU MORE CREATIVE. USE THESE BLUE HUES TO IMPROVE YOUR LIFE

The denim jacket remains a stone-cold classic Denim jacket by Levi's at Myer, \$129.95; shirt by Tommy Hilfiger at Myer, \$140

#### **COLOUR SCHEMES**

They call it "blue sky thinking" for a reason: a 2009 study published in the journal Science found that blue makes men more creative. Subconsciously we associate the colour with peace and tranquility - think the sky, the ocean and Cara Delevigne's eyes - which allows your mind to wander.



For oceanic impact, pair these bottom halves with a crisp white shirt Left to right: Trenery shorts at David Jones, \$89.95; G-Star chinos, \$150; Scotch & Soda trousers, \$249.95



A well-cut crew-neck sweater is a vital part of your wardrobe by Marcs at Myer, \$129



Calming blue - a cure for sore eyes by Emporio Armani at Sunglass Hut, \$280

#### **HIRE PURCHASE**

Wear a blue jacket to nail a job interview. A University of Wisconsin study found that men wearing shades of blue were seen as more professional and competent.

#### **SPRING CLEAN YOUR WARDROBE**

Ann Lund Würtz, head stylist for Jack & Jones, lists the key items to invest in for the new season

#### **BOMBER JACKET**

"The bomber jacket is bang on-trend right now. It can be literally worn with everything, especially if you invest in a reversible one like we've done for the season. Wear it with a pair of dress pants and a crisp white shirt, or even with a pair of distressed jeans."

#### **HAWAIIAN SHIRT**

"Every wardrobe should have a Hawaiian shirt that's cool and fun. There are two main options on how to wear it. You can go the preppy route; tuck the shirt in and button it all the way up. Otherwise take the old-school and loose approach and show off some chest." Jack & Jones Aloha shirt at Myer, \$140

#### **SLIM-FIT JEANS**

"It's not just a trend - slim-fit jeans are here to stay. Make sure that they're not too long and bulky around the leg opening; it will interfere with the tight-fitting look. Show some ankle with a pair of classic plimsolls or add some rock'n'roll to your look with well-worn leather boots."

#### Blazer your own trail of a Monday morning

Blazer by Topman, \$190; shirt by Ted Baker, \$179



#### Blue beats stress essential in the office by Ted Baker, \$119.95; and Paul Smith, both \$136

#### Blue shoes add a twist of personality while pairing easily with the rest of your outfit

Clockwise from top: River Island, \$80; Balenciaga at Sneakerboy, \$591; Reebok, \$149.99

#### THE FACEBOOK EFFECT:

the increase in brand recognition if the logo is blue. So should you set up your own company, do a Facebook and opt for blue branding. It'll also make customers see you as more trustworthy, honest and dependable. Clever move, Zuckerberg.

#### Quality ear goggles for bass-heavy music

by Bowers & Wilkins at mrporter.com, \$200

## THE BIG TIME

WHY SHOULD YOU BUY AN ANALOGUE WATCH IN A DIGITAL AGE? BECAUSE UNLIKELY AFICIONADO AND FORMER WRESTLER "STONE COLD" STEVE AUSTIN SAYS SO. HE MAKES A CONVINCING HARD CASE

INTERVIEW TOM BANHAM ILLUSTRATION BEN MOUNSEY

'm not saying that the watch makes the man, but it's the first thing I notice. If I ask somebody the time and they pull out their smartphone? Nah, man. You just don't get it. I can look at somebody's wrist and know that they know about quality. It's why I feel naked without a watch strapped to my arm. Even when I wrestled, I'd always wear a watch to the ring.

The first one I bought when I started making some money was a Citizen Promaster diving watch. It was \$235, which was a lot of money to me then. I've been hit in the head with a lot of steel chairs in my career, so I don't remember so well these days. But I'll never forget that price. I spent days agonising over whether I should buy that watch or not.

It all escalated from there. The first time I dropped some serious coin was on a titanium Omega Seamaster. I was wearing it one time in the ring with The Undertaker; we were talking trash to each other, then we started getting physical. He threw me down and, as I fell, the clasp came undone and the watch just went flying across the ring.

I can remember it like it's in slow motion: I'm lying on the apron of the ring, The Undertaker comes striding towards me and his size-15 boot comes crunching down on top of my watch. It was almost painful. He didn't crush it - they build those things tough - but he messed the bracelet up. From then on, I only wore quartz watches with a Nato strap in the ring. Firstly, if they get destroyed it's not the end of the world. Secondly, they can take a lot of punishment.

Owning a nice piece gives you access to a special club. Most

guys, they'll see Rolex on the dial and they'll know that it's a nice bit of kit you've got on your arm. But guys who know watches will spot whether the second hand sweeps or not; they see a Rolex with a ticking second hand, they know it's fake.

When I was working on the first Expendables movie, Sly Stallone and I would talk watches all day. He put Panerai on the map, but until then I didn't really understand it as a brand. Now, the only watch I've bought since that film is a 46-millimetre Panerai. That's big, but Sly had a 60mm watch on. It looked cool on him, but it's like wearing an alarm clock on your wrist.

#### THE BOTTOM LINE

When I buy a watch I've got to research it; I do my homework. I'm a frugal guy so my wife says, "Steve, you've worked your arse off this year: treat yourself to a nice watch". There was a Glashütte I was really interested in a couple of years ago, but it was nine grand and I couldn't justify that for something I was only going to wear on occasion.

I'm a watch freak. It makes me sound like a weirdo, but I'm so enamoured with them that even when I know the time I'll just look at the dial, the hands, the numbers. To me, they're beautiful.

I buy things that appeal to me from an aesthetic point of view. But I gotta use what I'm buying. Almost every watch I own has a rotating bezel, because I like to

**44** WHEN I WAS THE EXPENDABLES, SLY AND I TALKED WATCHES ALL DAY

time things: cooking a steak, my workouts in the gym. I don't buy watches as investments.

Some of my buddies in the military tell me that when they're overseas, they wear a Rolex Submariner. Because if the shit hits the fan and all you've got is that watch, you know the value of it and so does everyone else around the world. If you've lost all your money, that watch might be your ticket home. You don't get that with your smartphone.

needs a larger watch. But how do you know if your watch is too big for you? Check if the lugs stick out past your wrist. If they do, it's time to downsize



#### **BELL & ROSS BR01-93 GMT**

Military-inspired and styled like a cockpit dial, this Bell & Ross shows that it's hip to be square.



#### **BENTLEY GMT LIGHT BODY BO4 MIDNIGHT CARBON**

A statement piece with the price tag to match, but the titanium case keeps it feather-light on your wrist. \$19,670



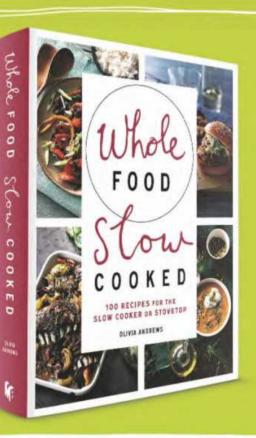
#### SEIKO PROSPEX KINETIC GMT DIVER

The size of this hefty diver doesn't match its price. One of the best-value sports watches around. \$1100

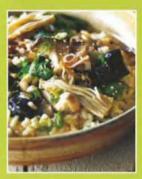


#### RAYMOND WEIL NABUCCO

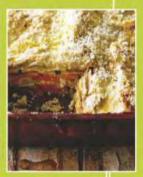
Sporty but chic, the automatic movement offers a 46-hour power reserve plus a chronograph. \$7200



Healthy and convenient go together in this collection of 100 wholesome recipes for the stovetop, oven and slow cooker. With curries, seafood, lazy weekend fare and meat-free options, there's plenty of ideas to keep everyone happy and well-fed.



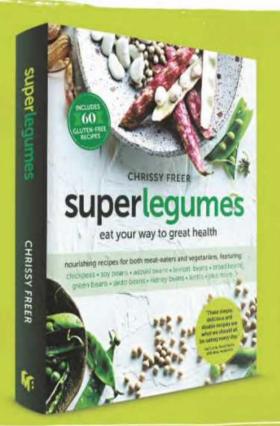




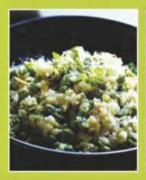
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#### Your Cut/ Hit a Fadeaway

Warm weather calls for less mane - but don't go overboard and shear it all off, says barber Mark Miguez. Ask the barber to fade your sides with a No.2 guard, and keep about 8-10 centimetres on the top. Slick it back with pomade for the office, and wear it off to the side with texturising cream on weekends. Uppercut Deluxe Featherweight, \$24; uppercutdeluxe.com



#### Your Scent/ **Dial it Down**

Your sense of smell becomes more heightened in the spring, says Dr Alan Hirsch, director of the Smell and Taste Treatment and Research Foundation in Chicago. So retire musky scents in favour of fruit-based notes. like those found in Calvin Klein's Reveal (as a bonus, the scent of pear can ease anxiety, Hirsch says). Stick to a spritz or two, focusing on the wrist and neck. Calvin Klein Reveal, 50ml/

\$80; myer.com.au



#### Your Scruff/ Trim the Fuzz

A Viking beard has no place on a summer holiday. Trim it back to a few days' length. "It's an easygoing look that contrasts well with shortly cropped hair," Miguez says. Start with a No.3 guard all over, then use a No.5 to blend your 'burns. Remove the guard and clean up the hair on your neck (below your Adam's apple) and on the tops of your cheeks. Philips BT5260 Trimmer Series 5000, \$99; myer.com.au



#### Your Feet/ **Blast Dead Skin**

Gnarly kicks? After showering, use a foot file to slough away layers of dead skin, savs dermatologist Tyler Hollmig. Start with the rough file for scraping, and finish with the finer one for buffing. Use a foot cream containing urea to help moisturise any rough areas. Revion Foot File 'N' Peel 6-in-1, \$12.95; Scholl Eulactol Heel Balm Gold, \$9.95; scholl.com.au



#### Your Face/ **Raise Your Shields**

If you suffer from irritation and itchiness every spring, it could be a rash called polymorphous light eruption, a bad reaction to your first major sun exposure of the season. Use a broad-spectrum SPF moisturiser, which helps shield your skin from UVA rays, the more common form of radiation from the sun. Milk Face Moisturiser and Sunscreen SPF 15. \$19.95: milkandco.com.au





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ACTION IN SOUTHPAW

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# PULLINO PUNCHES

BY GRANT TAYLOR

IN PREPARING FOR NEW BOXING MOVIE SOUTHPAW, JAKE GYLLENHAAL HAS PULLED OFF ONE OF CINEMA'S ALL-TIME-GREAT BODY TRANSFORMATIONS. USE HIS LESSONS TO STACK ON YOUR OWN MUSCLE AND GET RIPPED FOR THE RING

Jake Gyllenhaal isn't the type of actor who phones in performances. When he takes on a role, he goes all in. The 34-year-old openly admits that when he starts something, he can't stop. It is, the actor has hinted, something of a blessing and a curse.

To prepare for his role as Lou Bloom in last year's *Nightcrawler*, Gyllenhaal dropped an astonishing 13 kilograms from an already lean frame to morph into a stick-thin creep-with-a-camera.

Hot on the heels of that chilling performance, he's not only regained the weight he lost, he's piled on an additional 7kg of muscle and developed the ring skills required to become Billy Hope, a junior middleweight champion in new boxing blockbuster Southpaw.

In the space of these two roles Gyllenhaal has completed a body transformation of title-winning proportions. Want to follow in his footsteps? Use the actor's boxing blueprint to punch yourself from puny dweeb to pugilistic powerhouse. >

#### \* THE CHALLENGE \*

You could say Terry Claybon was more than a little underwhelmed when Gyllenhaal first walked into his gym in downtown Los Angeles. With the actor's physique still betraying the gauntness of his Nightcrawler role, the veteran trainer made a quick assessment of the raw material he had to work with. Gyllenhaal, he thought, was a long way from fighting shape.

"I knew we had a lot of work to do," says Claybon, a former Golden Gloves champion turned fight choreographer who helped Denzel Washington prepare for *The Hurricane*. What Gyllenhaal did have, Claybon says, was determination and commitment in spadeloads - something you're going to need whether your goal is to strip 5kg for summer or add bulk to your biceps.

"I knew that if I trained him like a true fighter, then he was going to be built like a true fighter," Claybon continues. Sounds simple enough in theory. In practice? As Gyllenhaal would discover, when you've dropped nearly a litre of sweat, vomited up your last protein shake and are charged with going yet another round with the wind knocked out of you, it's agonisingly difficult. Throw in a six-month deadline to get his body and skills up to scratch and that challenge began to take on similar proportions to those once faced by a certain million-to-one shot from Philadelphia.

"A huge thing to take into account is that Gyllenhaal wouldn't have been used to doing a lot of punching," says Aussie boxing legend Danny Green, a four-time world champion in three different weight divisions who's trained alongside Claybon. "Boxing is such an intense cardio workout that there's no doubt he would have been lifting a ton of weights to add some bulk in the process."

Green is on the money. Claybon put the actor through two three-hour sessions a day. The morning session was dedicated to the "science" of the sport, the evening session to weights and conditioning. Bookending each of those sessions, Gyllenhaal worked up to completing an incredible 1000 sit-ups to build the rock-hard abs required to absorb repeated punishment. Turns out he'd need them.

"I knew that if I trained him like a true fighter, Jake was going to be built like a true fighter" X:XXX:V.R PALACE

#### \* MAKING WEIGHT \*

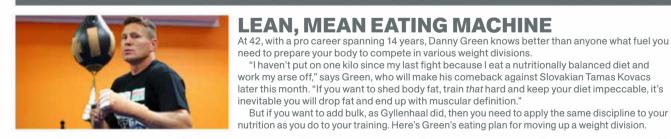
First to those weights sessions. According to Claybon, they were designed to build raw power and explosiveness. Using both compound and isolation exercises that included squats, weighted chin-ups, dumbbell shoulder presses and dumbbell shrugs, Gyllenhaal trained all his major muscle groups for strength and power, knocking out four sets of 8-12 reps.

Green chuckles at the thought of the physical workload Gyllenhaal endured and the level of commitment required. Most fighters, you see, usually come down in weight. Going up is rare. Even Green, a multi-division champion, only did it once.

"I was too heavy to continue as light heavyweight unless I shed a dangerous number of kilos, but at 87kg I was very light in the cruiserweight division," he recalls. "I was already 5kg under, so I had to put on weight."

In Green's case he took to heavy weights for the first time in his career and, like Gyllenhaal, aimed to add bulk to his chest and shoulders. Traditionally a fan of body-weight exercises and training for functionality, he used supersets of bench press, chin-ups, shoulder press and push-ups to add lean muscle mass.

Of course weights are only one side of the physical balance sheet in boxing. Cardio intensity is intrinsically brutal. Claybon put Gyllenhaal through up to six four-minute rounds on the heavy bag, 3-4 rounds on the



#### **BREAKFAST** Bowl of porridge with almonds; poached eggs on toast

MID-MORNING SNACK

Protein shake, two bananas

#### LUNCH Large bowl of veal spaghetti bolognese with steamed

vegetables

#### MID-AFTERNOON **SNACK**

"I haven't put on one kilo since my last fight because I eat a nutritionally balanced diet and

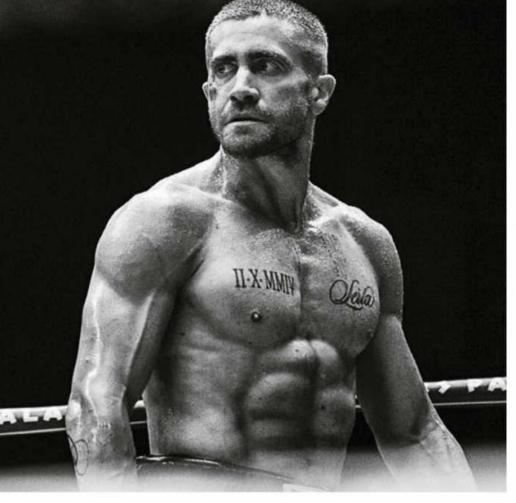
But if you want to add bulk, as Gyllenhaal did, then you need to apply the same discipline to your

Large portion of protein and carbohydrates

#### DINNER

Chicken, fish or steak with steamed vegetables, or added to a curry with rice





speedball and another 4-6 rounds on the pads, in sessions seasoned with sweat and - at times - splattered with vomit. Adding to the lung-busting load were rounds of skipping, interval sprints and foot drills. Are we forgetting something? Only that Gyllenhaal also ran up to 13 kilometres a day. Yep, you could call it a tough day at the office.

#### \* EATING ISN'T CHEATING \*

To fuel such a phenomenal workload, Gyllenhaal ate six meals a day at three-hour intervals. Carbs were consumed early in the day to fuel the boxing workouts, while he loaded up on protein after strength and conditioning sessions each night. There was deliberately nothing fancy: Gyllenhaal stuck mainly to lean meats, green vegetables and ≧ leafy salads, and he continually glugged water  $\stackrel{\circ}{\mathcal{L}}$  to replace the fluids he was losing.

Green is frank in his assessment of the enormity of the food and fitness equation required to stack on weight while completing such a punishing physical regimen. "He'd need to be eating like a Trojan to feed a rapid metabolism that was only likely to increase more and more," he says. "When I did it, I consumed six meals a day, full of carbohydrates and protein at the right times, and all I managed to add was 2kg of lean muscle in eight weeks."

In the face of such an enormous physical load, eating to bulk up is like trying to run down an upware can't eat enough. down an upward escalator. Put simply, you

#### \* LEARNING THE SWEET SCIENCE \*

Fighters take years to learn the geometry of the ring and nail the physical calculus involved in landing and evading punches. Gyllenhaal, a self-confessed perfectionist, had six months.

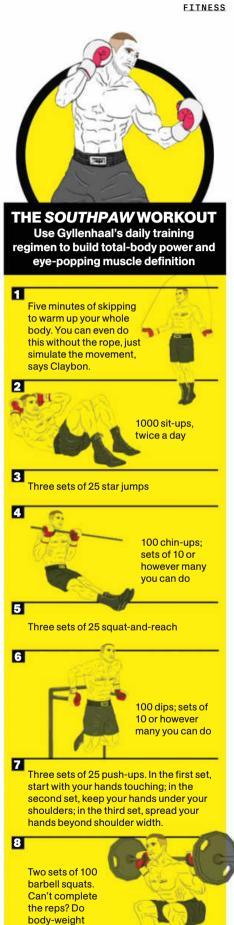
To get him up to speed, Claybon had the actor spar round after round with professional boxers who were instructed to tag rather than tickle him. "We taught him three or four different styles so that each fight scene could be as realistic as possible," Claybon says. Together they broke down offensive and defensive techniques into their component parts, then reassembled them into combinations that would make Gyllenhaal effective in the ring.

Six months later, Gyllenhaal's weigh-in occurred on the first day of shooting. The evidence of his remarkable transformation is now captured on celluloid.

Not only did Gyllenhaal manage to regain the weight he'd lost playing Nightcrawler's Bloom, he stacked on those extraordinary seven kilos of lean muscle as well. "He looks great, he really does have the physique of a fighter," reckons Green.

Claybon's adamant that, throughout those six months of ferocious training, Gyllenhaal's resolve never once wavered. "For Jake to look like a genuine fighter, it was my job to ensure he walked, talked, ate and slept boxing," says

The message is clear. If you want to look the part, it's not enough to play the part. You've got to live it.



squats instead





There were beers. Many of them, as best I recall. And music. A lot of it. Pub life in Hobart had not succumbed to electronic assault by poker machines and FoxSports. It seemed every bar played host to a different act each night, and we set off to drink the town never knowing if midnight might find us roaring like drunken bears at a Cold Chisel cover band, or quietly contemplating a flight of Tasmanian whiskies while a single guitarist treated us, and us alone, to her extensive back-catalogue of lesbian death ballads. Young fathers for the working week, we ate well, drank hugely and stayed up way past our bedtimes. When it was done, and our flights back to the mainland were called, we agreed it had been a most excellent adventure and we must do it again.

That was nearly 15 years ago. We never did. >



tragedy intervened. No death or circumstance, unforeseen. Unless it was entirely foreseeable that the ever greater weight of work and family responsibilities would press all the freedom and irresponsible joy of those days out of our lives. We were married, happily, to women whose careers were every bit as demanding as our own, and in the case of my wife, much more so. Increasingly it just seemed untenable to even contemplate loading them up with another shift of childminding after they had finished 50 or 60 hours of their own high-pressure work week.

The boy's weekend was truly a lost weekend.

This is true for a lot of men these days. Email chases us into the wee hours. The office is a mouse click away. Helicopter parenting finds us on the stick seven days a week. Our wives work as hard, if not harder than us. And our friends? Our mates? Those brothers we chose in our vounger years? What becomes of them?

Henry David Thoreau knew exactly what becomes of them. "The language of Friendship is not words but meanings," he wrote. But friendship also requires more time "than poor busy men can usually command".

Dude had our number, more than a hundred years ago. Famous for his determination to live alone in a small cabin in the woods. Thoreau better understood the ties that bind us after sundering his own connections to other men. A philosopher-survivalist, who rubbed up hard against nature out there in the trees, he had a poet's love of words, but knew well that men do not always need them. The civilised world is a construction of words, a prison of sorts, made by the naming and ordering of things, and for men to be free and most true to themselves they sometimes have to turn away from all that. They have to turn to each other and their shared understandings.

This isn't to load up the end-ofseason footy club trip, or a boy's weekend of fishing and farting, with a weight of significance it

cannot hope to bear. It's just to make the potentially dangerous and politically fraught suggestion that sometimes men need to get together - alone - and blow off steam. That steam can build to white-hot pressure and without a release valve to kick open you will, eventually, inevitably, find vourself exploding.

From day to day, we might let the pressure off in the gym if we're good, at the pub if we're not, but it will still creep up on us, edging towards some sort of red line with every unpaid bill, with each unreasonable demand at work, with the increasing grit and friction of simply living under the same roof as other human beings no matter how much we love them and they us.

Having an escape, having something to look forward to that doesn't involve constraint, responsibilities, the frustrations and compromises of everyday life, that can mean the difference between feeling as though the world is ploughing you under inch by inch and being able to shrug it off when you take a hit. Why make this escape with other prisoners of modern life? Why not a family holiday, or a weekend away with your partner, just the two of you? Because as great and necessary as those things can be, they don't allow us to speak in the language of male friendship. The meanings beyond words.

My friend Andrew is a man of similar vintage, with the shared experiences of teenage kids and the exhausting business of chasing a dollar to pay for them. He also married well, but has made a commitment to just a couple of days each year when he doesn't have to be the grown-up. He goes bush with a dozen mates, ranging in age from early twenties to mid-forties. They camp, they hunt, they fish, they drink a lot of beer. They escape.

"Our boys' weekends," he says, "are well planned at least eight months in advance. We juggle dates and sometimes the venues, as we have guys from all points of the compass. Some of the blokes, they go batshit crazy. It's about the only escape they have from their normal world."

For Andrew, though, the most valuable aspect is just the time and the space to talk.

"I'll tell you, it's fucking invaluable. Yeah, you might have a bit of a bitch about the other half, it might be about work, money, house, kids, bills and Christ knows what else. De-stressing is not about just the physical. If you want to go deep, have a look at the advent of the Men's Shed thing, why Beyond Blue has ramped up. I'm not saving that boys' weekends are the cure and I'm also not saying that all boys' weekends must be feral. But regular outings sure do help balance my books."

The Men's Shed movement, a very Australian mental health initiative, ties together over a thousand sheds where men can get together to work on the sort of projects men used to work on together when we all had sheds to retreat to in the back yard. They're a lot more civilised than feral road trips and camping weekends, but the intent is the same - to offer a space where men can get together and take a bit of the load off. It's a formalised system of providing the support and friendship that once upon a time we simply did for ourselves.

Those lost weekends have not disappeared entirely. There are still plenty of blokes finding the time to strike out on their own, if only for a couple of days a year. In asking around while writing this story, I wasn't surprised to find plenty of men like me, who'd let the friendships of their glory days fall away, but I was taken aback to find many more who quietly preserved just a small measure of space and time to maintain them. Some went bush. Others surfed. Some got together once a year to play video games, or smoke cigars and drink whiskies. And those who did always returned to the world better men for it.

I really have to get back to Tasmania.



#### **HOW TO SELL IT TO YOUR MISSUS**

A boys' weekend requires careful negotiation and months of strategic planning. Here's how to get your girl on board

#### **PLAY IT DOWN**

"Don't talk about the weekend in public and don't get excited about it in front of the other blokes' wives," advises Matthew Prendergast, managing director of weekend recreation website things2doin.com.au. "If you get overly excited, the girls will start to wonder about what's really going to happen." Send signals that you'd prefer to be doing something else. No. not trimming the hedge - she's not stupid.





#### **SQUARE THE LEDGER**

All women want is quality time, says Women's Health deputy ++++++++++++++++ features editor and long-term girlfriend Melissa Shedden. "If you're going for a night out with the boys, take us out to dinner later that week," Shedden advises. "Boys' weekend? We'll take a mini break the next month, please."

#### **BE SELECTIVE**

"In every group there are the single guys with no partner, no kids, heaps of cash and a huge desire to \*\*\*\* play up," says Prendergast. Girlfriends hate those guys corrupting their partners, so if asked specifically about these guys, say they can't make it. If she finds out they actually went, say, 'In the end they were able to make it'."

#### **CONSIDER HER SOCIAL CALENDAR**

Don't just spring it on her at the last minute - give plenty of notice, warns ++++++++ Shedden. "Planning is practically in our DNA," she says. "Potential bonus points if you plan it to coincide with the hen party we've already RSVP'd to."

#### **DON'T DRINK** AND 'GRAM Use social media

sensibly, suggests Shedden. "Instagramming your late-night visit to the casino or strip club probably won't be looked upon favourably, even by the most 'chill' missus."

### OPEN UP

Hanging out with your mates could improve your mental and physical health

Maintaining your social life is just as important as managing your diet or your gym schedule. "Men with more friendships live longer, healthier lives," says Dr Geoffrey Greif, the author of Buddy System: Understanding Male Friendships.

Dozens of studies prove your social network is vital to your health. Researchers at the University of Michigan found that simply being on good terms with your neighbours can cut vour stroke risk by almost 50 per cent. Another study at the University of Georgia found loneliness can be just as damaging to your mortality as smoking.

Despite the weight of evidence, many Australian men feel socially isolated, A study by Beyond Blue found that less than twothirds of men are satisfied with the quality of their social relationships. The research, which surveyed 3750 men nationwide, also found that when men hit 30, their social lives deteriorate, a drop-off accompanied by declining support.

"Men take friendships for granted, but without proper maintenance, those relationships can wither away," says Dr Thomas Joiner, a professor of psychology at Florida State University and author of Lonely at the Top. "That can lead to insomnia, depression and even suicide."

There's no doubt that too many men struggle to cope with life's hardships in the absence of friends to lean on. One in eight Australian guys will experience depression. while 80 per cent of all suicides are men, according to the Australian Institute of Health and Welfare. Frayed social networks may not be the sole cause behind these grim stats, but as Dr Clare Shann, Global Mental Health Lead for the Movember Foundation, explains: "There are strong links between loneliness and poor mental health."

A big part of the issue, says Shann, is that men are still less likely than women to share their problems and seek help. "Guys often say, 'I'd always be there for my mate'. But at the same time they also admit they wouldn't feel comfortable asking their own friends for support. Someone has to make the first move."

So how do you let your mates know they really can lean on you for support? "You need to demonstrate that it's okay to show vulnerability," Shann says. "You have to talk about times when you've struggled or been frightened. Don't wait until you're struggling or you'll only encourage that conspiracy of silence."

Support is available at beyondblue.org.au or lifeline.org.au



#### **PLAY THE FIELD**

Rather than just hitting the pub, anchoring a boys' weekend around an activity can set the scene for meaningful bonding. Book these activities then use these tips to rule the weekend



#### **HOOK A WHOPPER**

Think big when planning a fishing trip - you want to pose with marlin, not mackerel. When fighting a big fish you need to let the rod do most of the work, says Colin Wishart, owner of Deep Sea Charters. "Raise the rod to bring the fish closer to the surface then tilt it down - that's when you start winding to bring it in," Wishart advises. Now, pose and nost

deepseacharters.com.au



#### **SLAP SOME SALAMI**

Brad Fitzpatrick, a partner at intellectual property firm Phillips Ormonde Fitzpatrick. started an annual salami-making event with mates not long after tying the knot 10 years ago. It's since grown into a highly anticipated day that produces over 200 kilograms of salami. "Our secret is to add chilli flakes for an added kick and capsicum paste for a deeper flavour." Fitzpatrick reveals.

sausagesmadesimple.com.au



#### **RAISE A GLASS**

Whisky tasting elevates oiling up with mates to a sophisticated plane. A dynamic spirit that evolves in the glass, whisky can possess up to six different aromas, says Brian Hollingworth. owner of the Black Gate Distillery in Mendooran, NSW. "Smell the whisky with your mouth still open to better discern and 'taste' the different aromas," advises Hollingworth, Next, sip and swirl it around your tongue, "holding it in your mouth as long as it takes to notice all the different flavours". Done? Swallow, son. blackgatedistillery.com



#### TAKE A DRIVE

Beers, banter and botched swings make a day at the driving range perfect for blowing off steam. To stop sledges at the lips, make sure you nail your drives, "Keep your feet slightly to the right of the ball," advises **PGA** professional Robert Curtis. "Keep your head over the ball with your eyes parallel to the ground, then ensure your weight is on your leading foot as the club passes through the ball into your follow-through." Now turn to the gallery, hand to ear. igo2range.com.au



#### **ROCK ON**

Scaling cliffs and abseiling down waterfalls is a sure-fire way to separate men from boys. When abseiling, your footing and body position is key to avoid slipping and face-planting on the hard stuff. Think L-shapes, advises Aidan McGarry, co-owner of High and Wild Adventures in Katoomba. "Keep your feet flat on the wall and your body at just less than a 90° angle," he advises. highandwild.com.au



#### SHOOT A MOVING OBJECT

Start your boys' weekend with a bang. Clay target shooting requires excellent hand-eye co-ordination and extreme concentration - something that will no doubt challenge certain members of your party. "Stand with your feet shoulder-width apart and point your leading foot in the direction you're shooting," says Tony Galea, from the Coffs Harbour Clay Target Club, "Make sure the shotgun butt plate is firmly into your shoulder and the stock against your cheek." Now see target, hit target.

claytarget.com.au



ADDITIONAL REPORTING: BRAY STONEHAM & LUKE BENEDICTUS

## **Mens** Health **IATENIGHT**

Catching up with your mates can feel like a self-indulgence that's too hard to justify. But if you want to maintain your mental and physical equilibrium you can't neglect your social networks when you're busy

That's why Men's Health is launching our Mate Night

campaign. This month, make the time and effort to catch up with some friends you haven't seen for a while. Follow us on Facebook and Twitter for suggestions throughout the month on how to slow down and catch up with your mates. #MateNight

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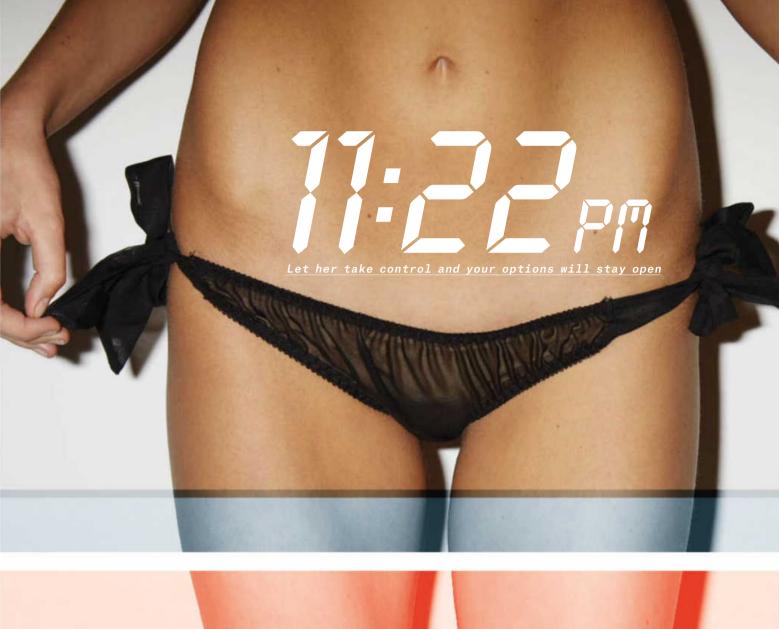


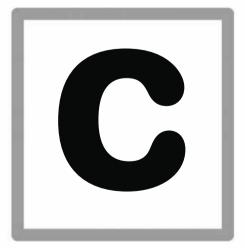


# 12-HOUR RELATIONSHIP

NEW RESEARCH REVEALS WOMEN TO BE MORE EMPOWERED, LIBERATED AND PROMISCUOUS THAN EVER BEFORE. BUT MEN, WE'RE TOLD, AREN'T SURE HOW TO DEAL WITH IT. AMY GRIER PROVIDES A RASH COURSE ON LOVE IN THE F

PHOTOGRAPHY BY STEVE READ





asual hook-ups are the post-11pm takeaways of the dating scene. One-night stands are the 3am servo raids. They're not necessarily nourishing, they often don't fill you up, and invariably they come served with a side-order of regret. But, oh boy, sometimes nothing else will hit the spot.

Yes, I'm a woman. And if that surprises you then it proves my next point: men have a way to go before they understand just how much female attitudes to sex have changed. A study conducted by researchers at Florida State University and the University of Hawaii back in 1989 revealed that, while 70 per cent of men would agree to casual sex with an attractive woman who propositioned them, not a single woman would do the same when the tables were turned.

More recently, however, reports show that just as many women as men say they'd take the fetching inquisitor up on his offer. In the 2009/10 Great Australian Sex Survey, for example, 68.5 per cent of respondents admitted having a one-night stand. Crucially, the survey found women were slightly more likely than men to have indulged.

Women, it's clear, have transitioned. The trouble is, men have not. Male courtship behaviour, to coin an especially anachronistic phrase, hasn't shifted at the same pace as female attitudes. To put it bluntly, if we're up for it, we're up for it. We just don't need you jamming a stick in our spokes by employing some kind of awkward idea of chivalry. We're here to tell you that the sweet spot exists, somewhere between Neil Strauss and Mr Darcy. Here is the perfect life cycle of the 12-hour relationship.



in much less obvious ways. Try explaining how you're really enjoying the dating game, for example; or how you're not long out of something serious; or even chatting about that golf trip you've got coming up with mates. Don't worry, she'll get it.

For you and her both, it's a case of innocent until proven guilty – it's just a one-night stand unless it becomes something else. We won't expect too much from it other than for you to be a normal human being and above average in bed. Pay the bill while we're doing our final bathroom sprint, put your hand on the small of our back and walk us out.

**DON'T SAY** "So what do you reckon, your place or mine?"

**DO SAY** "We can definitely do better than here. Fancy escaping?"

#### 11:55=

#### THE JOURNEY HOME

This one is simple; get a taxi. There's no stronger antidote to aphrodisiac than a 16-year-old, jacked up to the eyeballs on Monster, with Flo Rida blaring from his mobile, across the aisle of the night bus. Before stepping into the cab, before ordering it even (and please, do order, because there's nothing sexy about standing in a queue at the taxi rank) offer up your place as a destination. Only, don't ever actually say the words, "Want to come back to mine?" It has a cheap ring and makes you sound like a balding-in-denial-pony-tailed bachelor. Instead, give her a reason to come back to yours that has nothing to do with sex. It could be that good bottle of Pouilly-Fuisse you've been chilling for an occasion more special than a House Of Cards marathon. It might be that rare copy of What's Going On you have on vinyl that you simply must play her.

Whatever the enticement on offer, 99 per cent of women will prefer to brave your man cave than let a complete stranger into their oasis of tranquillity. Our homes are intimate spaces. Putting up with the fact that you don't have any make-up remover in the house is a small price to pay for not having to make awkward chat about who the people in our photos are.

State your address loudly and clearly to the taxi driver. If your part-time love asks you to repeat it, don't look alarmed. It's not so she can Google-Earth your house when she gets home, it's so she can safety-text her mates in case you turn out to be Patrick Bateman. Letting her know where you live is a way of

saying, "I'm not a psycho!" without actually saying, you know, "I'm not a psycho!" Which, frankly, sounds exactly like the kind of thing a psycho would say.

Lastly, kiss and hold hands, but let that be the limit of your physical interaction.

Why? A) There's another human being sitting a metre away from you. B) We probably need to visit the bathroom again already. Save something for the main event.

**DON'T SAY** "Hold on a second, I just need to look up bus times."

**DO SAY** "Don't worry, I've got a five-star rating on Uber."

Women have transitioned. The trouble is, men have not ... If we're up for it, we're up for it

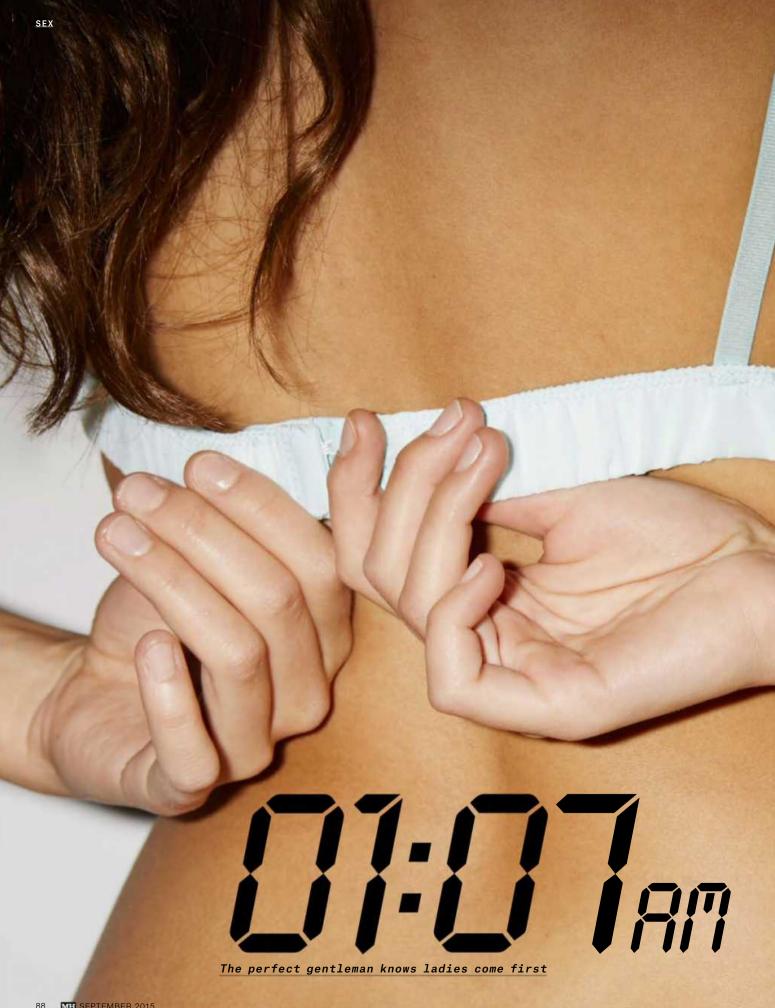


#### 11:22m

#### THE "IT'S ON" MOMENT

Theoretically this can happen anywhere. Be it bar, club, restaurant, party or gig – the venue doesn't matter. What does is a correct reading of the situation. It can take the form of anything from a shared look to a knowingly whispered, "Do you want to get out of here?" in her ear. In fact, she could very well whisper it in your ear; women hold the cards in this situation. Whatever the set-up, be confident, be courteous, be open.

However vague or capricious this might sound, the rules here are actually fairly simple. First, if we've only just met and we're offering/agreeing to leave with you, we know precisely what this is. Repeating something pathetic like, "But ... just for fun, yeah?" will only make us angry. Discussing leaving together is unlikely to be your first conversation of the evening (and if it is, you might want to check your pockets) so you should have already spelled out your position



## Hair stroking, eyelid kissing and calling us 'baby' are contraband

#### 01:07m

#### THE FIRST ACT

Three words: wrap it up. You don't know where we've been anymore than we know where you've been, and waiting to be asked is rude. Only a special brand of moron doesn't have the foresight to wear protection nowadays. Carrying a condom in your wallet, or having one in your bedside cabinet, isn't presumptuous. It's sensible. And in this case, sensible is good. Sensible is sexy.

When it comes to the sex itself, you don't need us to tell you what to do – at least, for your sake, we hope not. Just keep it playful, fun and err on the side of vanilla. Christian Grey is fictional – and most women think he's a dick anyway. Just make sure she comes. The importance of this issue cannot be stressed enough. Just because this is a short story doesn't mean it shouldn't have a happy ending. Not only is it polite, it's prudent. She'll be much more likely to reciprocate and/or be up for a repeat performance if you get it right. Note: please do not comment on our vaginas. A blithe, "Ooh, Brazilian!" will kill the moment in half a second flat.

Casual sex does not require footnotes. The same goes for anything remotely girlfriendy. Hair stroking, eyelid kissing, calling us "baby", telling us you "love how we smell" – consider it all contraband. In fact, you'd do best to prohibit the L-word altogether.

**DON'T SAY** "I love how you feel." She is not a sheepskin rug.

**DO SAY** "That last thing you did there was simply intense."

#### 02:24m

#### THE IMMEDIATE AFTERMATH

There's nothing wrong with a post-party spoon and – if this were your girlfriend we were talking about – you'd be well-advised to put some tenderness on display. But she is not and so you must not. These are 12-hour rules and they are specific to your situation.

Avoid advanced acts of intimacy at all costs, including the whispering of sweet nothings in her ear. Even if you do love the dimples in her lower back, you do not express it thus. You've





only just met her. It's creepy. Instead, chat to her. Keep it breezy. Lighten the mood.

Talking to you is what had her interested in the first place - don't let that side of your personality fail just because you've had an orgasm. Do Not Turn Your Back. She's now stuck at your house for the next 5-7 hours and all she has to her person is a good Little Black Dress from Witchery and (if you're lucky) some Agent Provocateur underwear. Give her one of your shirts - one long enough to cover her bottom, so she can answer the call of duty without encountering any flatmates looking like a high-class hooker.

Subtly locate her clothes while she's in the bathroom, but do not fold them up. The latter says one of two things: "I want you out" or, "I'm a weirdo who's been rifling through your things". Neither is an emotional unguent. This moment is about sensing the tone and acting accordingly. She's not looking for assurances from you that she did-the-right-thing by sleeping with you. But, much like you, she'll want to know you enjoyed yourself and be treated with respect, not flippancy.

Lastly, a quick word on shut-eye. You know the "hug'n'roll" episode of Friends where Chandler doesn't like cuddly sleeping and hugs Janice before reeling her away in her

slumber? Yeah. We saw that episode, too. It might come as news to you, but we kinda like our own space when the lights are out.

DON'T SAY "Hold on a sec, I've probably got something here that'll fit you - girls leave stuff here all the time."

DO SAY "Here, you can wear this, but only on the condition you're naked again within five minutes."

#### 08:42 ...

#### THE MORNING AFTER

Just like the "It's On" moment, this conversation involves a great deal of signal reading and decisive behaviour. You might think that our emotions run highest straight after sex, but in the 12-hour relationship, the morning after can be a psychological minefield.

Post-congress, if you've made sure we're satisfied, there's an oxytocin buffer sheltering us (and you) from serious emotional conflict. In the harsh light of day, potentially with a hangover the size of Belarus, there is no such buffer. This is when your good behaviour is most crucial. If she's awake and/or slipping on her shoes at the end of the bed, she has stuff to do. Offer her a cuppa then let her get going.

Don't, whatever you do, suggest breakfast. She'll think you're clingy and redouble her dressing speed.

If you're both awake, lying close together in bed, then it's probably safe to say she's comfortable in the moment and your environment. Your efforts last night might actually mean she's craving a repeat performance: one final encore before she exits stage left. Suggest morning sex only in the subtlest of ways, with gentle desire as opposed to pressure. (A firm yet proprietorial hand around the stomach or a gentle stroke of the breast is good; an uninvited prod in the thigh is not.) Whether it happens or not, bring her some water, perhaps some Nurofen, and tea in an inoffensive mug. Give her a towel, too. A clean one. Don't be shocked if she doesn't take up the offer of a shower. She probably just doesn't want to spend the rest of the day smelling of your body wash.

If you think there might be a hint of something else there between you – and only if – consider a proposition of breakfast off-site. But if it was what it was - and more often than not, it was - you're both adults. It's time to say goodbye.

DON'T SAY "Morning Sally!" Her name is Sarah. DO SAY "I'm making coffee. Stay right there."



## A gentle stroke of the breast is good; an uninvited prod in the thigh is not

#### 09:07m

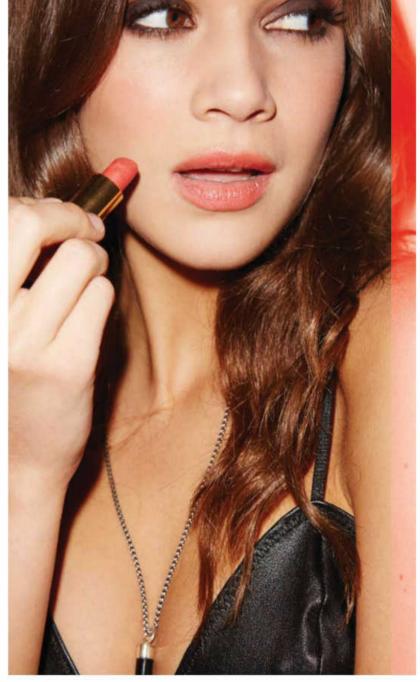
#### THE FINAL WORD

The Number-Ask remains a contentious issue. So take this as the final decree, handed down by all womankind: "Thou shalt not ask for a girl's phone number if thou dost not intend to use it." You might think it's polite. But if you're not going to call, or are just going to send a that-was-funit-was-really-nice-to-meet-you-take-care message, it is not.

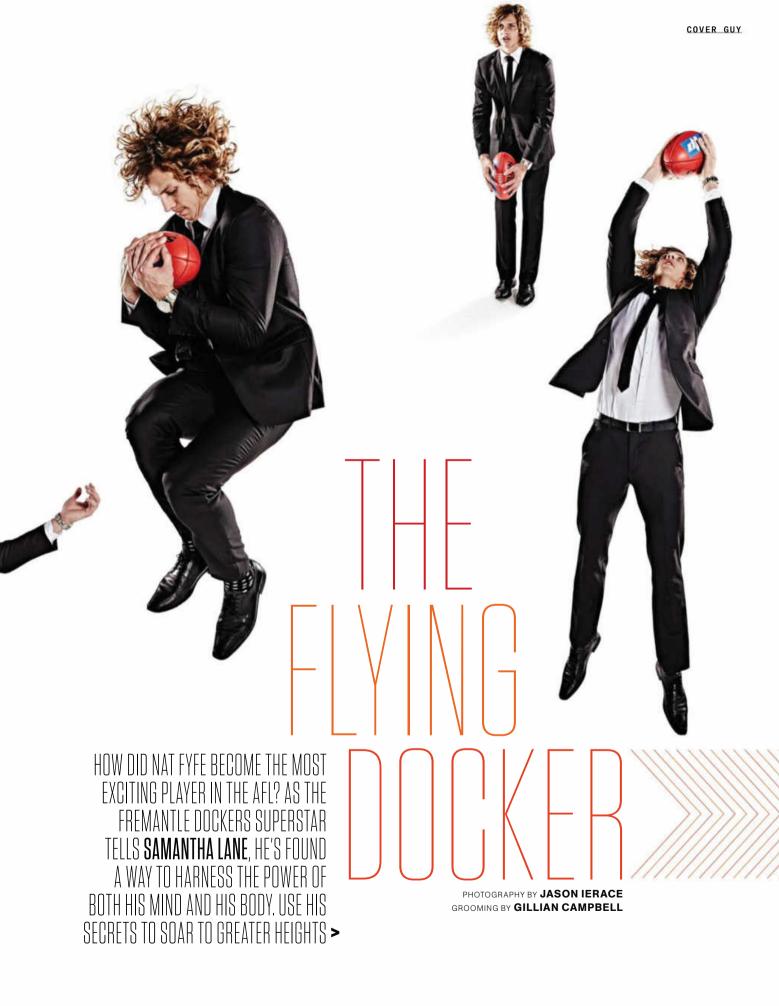
As well as being like a nutritional graveyard of junk food, a 12-hour relationship is also like a board game (note: a woman is always allowed to mix her metaphors). It is designed specifically for good times, when merriment is high, fun is to be had and respect for the rules is observed nonetheless. But as soon as someone starts taking himself too seriously, everyone wants to forfeit and go home. Fast love is a trivial pursuit, indeed.

You might think you have nothing to lose by getting it wrong at this point – the deed is done, after all – but that could not be further from the truth. It's what separates you from the *Mad Men* of this world: charming to the penultimate furlong, losers to the last. See her to the door, kiss her properly, tell her you had a fantastic time and, if that's really it, say nothing more. In the end, the key to getting it right is not so much what you say, but what you don't. So sshhhh, stud.

**DON'T SAY** "Take care" – or anything else you'd write in a letter to your grandmother. **DO SAY** "I'm really glad we met." ■







#### In the dark,

the wunderkind of Australian Rules football reaches for his togs, grabs a towel and jumps on his scooter barefoot.

Minutes later, Nat Fyfe is rushing towards the Indian Ocean, which at this early hour is illuminated only by flashing green and red beacons and the vellow floodlights of Fremantle port.

Shocking himself awake, the 23-year-old plunges into the sea, consciously connecting to a new day and enjoying the feeling of achieving something before the sun - and most people - have risen.

This is my time. This reminds me who I am. Fyfe tells himself how much he needs both those things.

Elsewhere, everyone's been telling everyone else that Fyfe is the winner of the 2015 Brownlow Medal, the AFL's highest individual accolade that's not actually awarded until September.

There's also the noise of autograph hunters, of photo opportunities, and of footy clinics teeming with kids who are desperate to meet the drawcard: Fremantle star Nathan Fyfe! It's a cacophony out there, and that only makes a ritual pre-dawn ocean visit all the more soothing.

A self-described introvert who grew up in the wheatbelt town of Lake Grace - four hours' drive from Perth; population roughly 500 - Fyfe accepts that all this hubbub goes with the terrain he's scaling. Even more, he wants to be a good and humble role model. But that's something he says he's still learning, rather than doing naturally, for now.

Not so long ago Fyfe wasn't a morning person, but finding one sanctuary through his dawn dips has led to him discovering another: meditation. Beginning in this year's pre-season, it started as a five-minutes-a-day experiment. Fyfe now practises between 20 and 60 minutes most days, and hears the grounding voice then, too: This is my time. This reminds me who I am.



### FIND YOUR BEST SELF

It's Monday, mid-morning, mid-season and sunny when Fyfe arrives at a studio in Northbridge. Perth, wearing classic streetwear: jeans, trainers, cotton T-shirt.

A cap covers his trademark mop of hair which, in preparation for today's photoshoot, reveals itself to be even more impressive up-close than it is on camera.

Fyfe has set aside two hours on his day off to talk all things that make him tick. He's come from a flying lesson and is only weeks away from a licence test that's been three years in the making.

Like everyone who watches footy, I'm mesmerised by the way Fyfe moves, what he sees on the field before the world has caught up; and how he can glide one minute and bullock the next using that insanely strong set of legs. But I've little idea what to expect

from the man himself, because despite his ascent to a genuinely elite class, Fyfe has done very few sit-down interviews - and that's by choice.

"I've been really lucky with my family to have had very strong values bred into me," Fyfe says, referring to his parents, Christine and David, who own and run a transport operation business with about half-a-dozen trucks that services the three towns of their district.

"That's basic things like a work ethic and a respect; a humility. But it means media, and telling my story, doesn't come naturally at all to me.

"And, as something of an introvert, I've always really cherished those times of privacy, those times when I can be who I want to be, and do what I want to do, when I want, without scrutiny or judgment."

Our encounter is all of five minutes old when Fyfe first mentions Brett Kirk's name. That leads to him mentioning his relatively recent foray into meditation, and Kirk - erstwhile Sydney Swans champion, well-known Buddhist, now Fremantle assistant coach - is the clear influence.

"Brett Kirk has been a bit of an orchestrator of a lot of the ways I live my life. To help stay true to myself, but also to get an advantage in different ways," Fyfe says.

"He constantly challenges me to be the best version of myself, but also to continue to open up my awareness to the influence I'm having on other people. That extends far beyond the footy club and footy circles.

"The way he gets me to value stuff is that he sort of plants a seed with me and then waits for the seed to grow in my mind. It



started with the beach swims in the morning when he said 'trial it for a month'. He didn't check in or anything after a month, but that was two years ago. Exactly the same thing's happened now with meditation.

"That's how it started; it was in the pre-season this year and it's now turned into a five-to-sevenday-a-week habit. I find real comfort and assurance in who I am when I meditate. That's where

Fyfe's growing interest in inner peace is clearly making him no less fierce a footballer. His competitive drive and hunger has always been insatiable.

"The biggest and most important thing is that I play good footy, and I never will let anything stand in the way of that," he says.

The manner in which Fyfe attacked a highly tailored conditioning program over summer, prepared for him by Fremantle sports science manager Jason Weber, underlines his capacity for commitment.

Having followed instructions to the letter, Fyfe has built himself into an imposing physical figure capable of brushing aside opponents with what often looks like breathtaking ease. When he was drafted at pick 20 of the 2009 national draft, Fyfe weighed 75 kilograms. He's now over 90kg.

"Jason asked me what I wanted to become and I said I wanted to become more like [Adelaide Crows midfielder] Patrick Dangerfield, as in I want to be able to fend people off and I want to be explosive when I take off with the ball.

"I'm not quick, but I said I want to be quick over a couple of metres; that I really want to stand up in tackles like Chris Judd did for so long."

After a six-week off-season trip to Europe and the Maldives where he met up with a close friend who's living and travelling gypsy-like around the globe, Fyfe commenced Weber's program in earnest. He trained in the morning with his teammates, would have lunch, go home and sleep, then resume work privately with Weber afterwards.

"My end of the bargain was to trust him 100 per cent," Fyfe says. "When we started match simulation it came to life. I was able to accelerate away from people, I was able to shrug people off. People couldn't pull me to ground. So that's part of the transformation and there's still a long way to go." >



Follow Fyfe's example and tap your inner resources by practising daily meditation. Here's how:

- 1/ Start by sitting quietly in a chair or on the floor, eyes closed, hands on your lap.
- 2/ Now focus on your breath. Feel it go in and out. As your mind wanders (and it will), notice that your thoughts have drifted away, and gently bring your attention back to your breathing and body.
  - 3/ You'll reap the greatest benefit from 30 minutes of meditation a day, but beginners can start with 10-15 minutes and work their way up.

## "I'm almost awkward when I don't have a footy in my hands."

# CHASE GOALS, NOT MEDALS

All this after Fyfe played so well last year he might have won the Brownlow, if not for his sanctioning by the AFL's match review panel.

Of the buzz he says this: "I can genuinely say that it plays no part in motivation, in stimulation, or in anything at all," he says, convincingly.

"At the time I got suspended I had that sick feeling in my stomach, that feeling of bugger it. But with what I'm learning through meditation, about the ups, the downs, the yin, the yang, the good, the bad . . . I can't be happy for it, I can't be sad for it." He shrugs: "It is what it is."

But surely he would love a Brownlow Medal?

"That's a hard question to answer, and I'll try to give you an answer that isn't run of the mill," he says, smiling.

Fyfe pauses.

"How do I answer this?"

Longer pause.

"I think it would be great to win one. And as a kid I always wanted to win one. But it's not a motivating factor - it would just be nice.

"The topic of conversation around the Brownlow for me from people on the street is, 'I've lumped a whole lot of money on you. You need to do this for me.' They're different reasons other than it just being a really proud moment for you, your family and your footy club.

"Then there are the people who tell you they're just waiting for you to get rubbed out. So the whole nature of the conversation isn't actually a very nice one."

Fyfe mentions more than once that his dad had to "fight and scrap" to build his business, provide for his family and be the



best husband and father while constantly driving road trains. David Fyfe, incidentally, has taught his sons, Liam and Nat, much of what he knows. He still likes the top footballer in the family - who was capably driving massive trucks on back tracks by age 13, had his truck licence by 18 and did a stint as roustabout - to come home to work on the land every Christmas.

Fyfe might be a human highlight reel right now, but he explains that his single-minded mission to crack the AFL sprouted more from feelings of rejection than praise. From having to fight and scrap for what he wanted.

Being tiny as a junior didn't help him on the footy field. Fyfe, who could swim, run and triple jump well, was also prone to what he terms "ratbag" behaviour: in school (he was threatened with expulsion on the first day of year 10) and on the tennis court (his mum used to barrack for her younger son's opponents once he spat the dummy, which only infuriated him more).

> A regular rebel against authority in the classroom, Fyfe didn't ingratiate himself to a high-school teacher who doubled as his footy coach. He couldn't make the schoolboy level firsts through years 10 and 11, but what he lacked in size and skill, he made up for with an extraordinary competitiveness.

"I always had a burning desire inside that I was going to find a way to be relevant," he says.

As a teenage footballer, Fyfe had that sense of judgment that distinguishes him now - "I could see things happening before they were happening" - but when everyone grew, he did not.

"So in years 10 and 11 I got relegated back into the second and third team, and part of the problem was that I always thought I was good enough to play but I just felt the coaches couldn't see what I could see in myself.

"Dad would always say, 'You've got to let your footy do the talking, not your mouth'."

At the end of year 11, Fyfe, a Richmond supporter then, used all his powers of persuasion to win an invite to what became a defining school footy camp in Melbourne.

His performances led to his selection in round one the next season and he kept his position in the team for the rest of the year.

"Then I was lucky enough that I just grew. That was my ticket out. I was still a rake but I grew, and that's when I started to become prominent," he recalls. "I was always a good mark but I could never quite compete. But I started marking the ball and marking the ball a lot. That was enough to keep me in the team."

As a kid, using his home trampoline, Fyfe invented an ingenious marking drill for himself: repeatedly throwing a footy in the air, letting his body bounce down and then back up in time for him to meet the ball. It resulted in many a bloody nose, but Fyfe believes these countless hours of practice proved invaluable.

He thinks it's similarly worthwhile today having nine footies scattered throughout the home he built, and which he now shares with teammate Cameron Sutcliffe. The colour of the balls is changed according to whether Freo's playing a day or night game, and whenever Fyfe sees one, he seizes it.

"So if you walk down the stairs and you see a ball you just grab it, bounce it, then bounce it off the wall. There are marks all over the house, but there's five extra touches you've had in a day that someone who's not touching a footy hasn't. I always think about that 10,000 hours rule: you gotta get the 10,000 hours and then keep it updated.

"I said to Mum a couple of days ago that I'm most comfortable when I've got a football in my hand because I ☐ don't think about the past or the future. I'm just present, in the now, because I'm really comfortable, I relax; it's what I know. I'm almost awkward when I don't have a footy in my hands."

Fyfe's final comment is humble but not true. In football, and in life, an ever-evolving quest for improvement has him flying.

Samantha Lane works on Channel 7's AFL commentary team and is a football writer for The Age newspaper.



#### eat of Power

FYFE ATTRIBUTES his rise to the top ranks of the AFL to a dynamic lower-body program that's allowed him to get more out of his glutes. On field, that's translated to greater stability, allowing the midfield powerhouse to not only bust tackles and keep his feet, but to move laterally and zip out of stoppages. "He's always seen the game early," explains

Fremantle sports science manager Weber. "We've given him the body to allow him to respond to what he sees.'

**Fyfe arrived at Fremantle** carrying a paltry 75kg on his 190-centimetre frame. "We were worried his shorts would fall off his butt." Weber recalls. He now tips the scales at over 90kg. "It's an extraordinary amount of weight, but it's not

dead mass," Weber says. "It's very, very functional and it's evenly distributed." From barely being able to fill a pair of jeans, Fyfe's glutes are now the "centre of his universe"

Whatever your sport, a functional set of glutes can lay the foundation for you to use the ground to apply force, Weber says. Use Fyfe's workout to get your arse into gear.

#### Do the following circuit twice a week.

Start with a general warm-up, incorporating stretching and foam-roller work.

#### 1/ Frontal Plane Anti-Rotation Step-Up

Holding a weight with one hand. step onto a box, raising your thigh parallel to the ground. Do 3 x 4 reps on each leg



#### 2/ Borzov Jump

Step backward up onto a bench, then blast upward and out as hard as you can. Do 3 x 4 reps on each leg

#### 3/ Lateral Bound

With your left leg bent, jump as far as you can to your left, land, then bound back to your right. Do 4 reps each side





#### 5/ Split Squat

Holding a barbell, lunge forward on your right leg, then return to a standing position.

Do 5 x 4 reps each side

For more elite training advice check out oldbullfitness.com

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You already know that cucumber's low in kilojoules and you've certainly had your fill of green tea. But where's the fun? We went in search of health foods with a lot more allure

#### 01

**MATSUTAKE** At \$3000 per kilo, this is not exactly WeightWatchers fare. The rare Japanese white truffle is very high in B vitamins, essential for fat metabolism. Not swayed? Shiitake are a lot more affordable (\$4.98 for 100g at Woolworths) and have similar perks, says nutritionist Miguel Toribio-Mateas.

#### 02

CLAMS These gourmet bivalves are rich in iron, which your body uses to burn energy. "Depleted iron levels lead to a lower metabolic rate, and reduced energy and aerobic capacity," says Toribio-Mateas. They're a must if you want to avoid clamming up when endurance counts.

#### 03

CHOCOLATE Dairy Milk won't cut it at the dinner table or on the scales. But any bar that contains 85 per cent cocoa or over will give your chilli con carne a subtle richness or desserts a refined edge. It may also help shift some flab. It's all about the flavanols in cacao. which promote metabolism and fat burning. Try Lindt Excellence 85% (\$4 at Woolworths).

#### 04

**GOJI BERRIES** Found on sevencourse tasting menus and Gwyneth Paltrow blogs alike, these superfruits (\$7.95 for 150g at Woolworths) are packed with vitamin B,, to balance your thyroid function and prevent weight gain. Handily, the berries are also a hangover cure, speeding the rate at which your liver disposes of toxins.

#### 05

KOHLRABI Often used in Korean kimchi, the so-called "hipster cabbage" has a high fibre count, helping reduce the number of kilojoules absorbed via fat. Rich potassium levels also make kohlrabi an effective diuretic, which means less water retention and less flab stored around vour muscles. according to Toribio-Mateas.

#### 06

**WAGYU BEEF** A cut of Wagyu will cost you \$24.95 for 250g (butcherman. com.au). "It contains the highest amount of conjugated linoleic acid per gram of any food," says Toribio-Mateas. CLA is associated with lower body fat levels, particularly in those who exercise regularly.

#### 07

ATLANTIC SALMON A princely fish with a firm and meaty texture, Atlantic salmon is also a handy agent if you're looking to shed kilos. It helps reduce tryglycerides - fat stored in your blood - reducing both your waistline and cholesterol levels.

PHOTOGRAPHY: DAN MATTHEWS



fat, but it's the

08 COCONUT OIL It might contain up to 90 per cent good kind (MCTs, FYI). Coconut oil (\$7.45 for 300g at priceline.com.au) is nature's weightloss abettor. "Its medium-chain triglycerides are digested straight away, releasing energy and not being stored as fat," says nutritionist Sarah Flower. Got that? Eat fat, burn fat.

#### 09

LOBSTER Cholesterol botherers be damned, lobster should be firmly on the menu for any gastronomic weight watcher. A 100g serving (\$34.95 for a small cooked critter at Woolworths) provides you with 120 milligrams of choline, "used in the liver to emulsify fat as part of the metabolic process", says Toribio-Mateas.

#### 10

SALSIFY Often dismissed as the parsnip's ugly cousin, this versatile root (also known as vegetable oyster) is a farmers' market favourite for fit gourmands in the know. Unlike some carb-heavy roots, "it's rich in inulin, a soluble fibre essential for fat metabolism", says Toribio-Mateas. It's also very low GI.

#### 11

**QUAIL EGGS** What's the point of a food whose USP is its diminutive size? Well, for a start, quail eggs (\$4.99 for a dozen at harrisfarm.com. au) are a superior source of the vitamin D needed for a healthy metabolism. But it's the higher ratio of fatty yolk to white that makes them your fatburning ally. More than just a fancy canapé, then.

#### 12

ALEPPO CHILLI Cavenne is over and we're done with harissa. Marinate your meat in Turkish Aleppo (\$4.90 for 35g at herbies. com.au) to taste the full benefit. The active ingredient is the metabolismboosting capsaicin, while its deep, savoury umami flavour makes you feel more satiated and therefore less likely to overeat.

#### 13

SALMON CAVIAR Caviar's high vitamin D content means that it's kryptonite to fat stores. Research at Laval University found people who consumed more dietary D had less belly fat than those who ate less. Serve Huon salmon caviar (\$27.50 for 200g at europasalmon. com.au) on blinis to spoil your guests - give the Jatz a miss.

#### 14

JAMÓN IBÉRICO Plastic ham won't do much for you, but the dry-cured Iberian variety (\$11.50 for 75g at qualityfoodworld. com.au) is different. Sourced from pigs raised on acorns rather than swill, this meat is replete with CLAs, which "promote fat consumption in the muscles where the majority of our kilojoule-burning takes place", says Toribio-Mateas.

#### 15

**KOMBU** Like so many other sea vegetables, this salty Japanese seaweed (find it in Asian grocery stores) is packed with iodine, which helps promote thyroid function. A working thyroid turns the heat up in the body and so burns fat. Highly versatile, it lends a healthy edge to lots of dishes. Our fave? Miso soup.

#### MUSCLE FOOD FOR GASTRONOMES

This spicy, colourful dish tends to wellworked quads and tastebuds alike

#### INGREDIENTS

- · 1 TBSP ALEPPO CHILLI FLAKES
- · 110G BLACK RICE, PRE-COOKED
- · BABY SPINACH LEAVES
- LEMON JUICE 2 EGGS, SOFT-BOILED
- your muscles. Chop it into large chunks and
- 2. Pour oil over the for 30-45 minutes.
- 3. Put the black rice. iuice and drizzle with
- eggs and place on



## A Salad For All Sessions

POST-GYM ENERGY FOR BON VIVANTS

Chew through impending muscle aches with this tasty

#### **INGREDIENTS**

- · 2 LAMB CHUMP CHOPS
- PITA BREAD, 2 PIECES
- · 230G COOKED SPELT
- 1 CUCUMBER, DICED
   MINT LEAVES
- · 3 TOMATOES, CHOPPED
- 1 LEMON, CHOPPED
- 2 TBSP SUMAC
- 1. Begin your lip-smacking massage by slicing your lamb chumps (a chop from the rump) into pieces. Season, place on a baking tray and grill. That's your protein needs taken care of.
- 2. Toast the pitas, tear them and place in a bowl. Add the spelt, cucumber, mint leaves, tomato, lemon and sumac and mix well. Sumac's antioxidants mop up lactic acid to ease muscular aches.
- yoghurt and add a good glug of olive oil. Season again with salt, pepper and a bit of lemon juice and serve with the hot grilled lamb. You'll be feeling far less of a chump by the time you've finished.



## WEIGHT-LOSS FARE FOR FOOD LOVERS

Send your lunch up the Scoville scale to burn away your belly fat

#### **INGREDIENTS**

- ½ HOT GREEN CHILLI
   3 TBSP MOSCATEL VINEGAR
- 5 TBSP OLIVE OIL

- 1. The idea of opting for
- and spice will increase your fat-burning potential by the time you get to the bottom of the bowl. Kick off by crushing the chilli with a pestle and
- 2. Leave this marinade to stand while you practise your knife skills. Slice the fish as thinly as possible (going in a bowl. Arrange the slivers in a single layer on a plate, pour over the liquid mix and
- 3. Scatter the cooked rice, nuts on top of the fish and top glug of olive oil.



#### Make a good meal of eating light and toss in some heavyweight benefits to boot, courtesy of top chef Miles Kirby

#### ENDURANCE FUEL FOR **FINE DINERS**

Triple up on beets to red of face

#### **INGREDIENTS**

- 3 GOLDEN BEETROOT
- WHITE-WINE VINEGAR75G CASTER SUGAR1 TBSP MANUKA HONEY
- 50ML SHERRY VINEGAR
- 75ML AVOCADO OIL
- 1 AVOCADO, QUARTERED1 CANDY BEETROOT
- before exercise improves your speed while running or cycling. Peel the red ones,
- honey, vinegar and avocado oil. Mix well and season with
- 4. Arrange the golden and the candy beets with a mandoline and arrange on top for a strong finish.





They say never trust a skinny chef. But what if the man delivering this age-old piece of wisdom is a chef? One who is not exactly skinny but who is no longer the tubby, pasty-faced geezer he used to be. It raises the question: can you still trust Jamie Oliver?

To keep his mouth shut? Good luck. The loquacious lad from Essex has the megawatt charisma and undiluted passion that can flog fresh food to fat people, turn around troubled lives, lobby prime ministers and presidents, and change a town's - maybe even a nation's – eating habits. But if you're instead looking for a no-nonsense take on the power of food to transform lives, then the answer is a resounding yes.

"It's not about getting it right all the time," says Oliver of healthy eating, as we chat in comfy armchairs in the plush Intercontinental Hotel in Sydney. He leans in close, placing his hand on my arm as if we're sharing a whisky over a fireside chat. "In fact it's absolutely vital that you don't get it right all of the time. You've just got to get it right most of the time." And when you get it wrong? "Get it wrong in style." Oliver recommends.

You could call it a variation on the 80-20 rule, only that sounds a little too prescriptive for Oliver's liberal, loose-handed style. Nevertheless, it's a recipe for a realistic approach to nutrition and, indeed, one you could apply to life in general.

MH sat down with the irrepressible chef to discuss his own nutritional journey, from growing up in a pub to becoming a passionate public health advocate. Read on to discover just why Oliver's a man you can trust with your meals.

#### MH You famously grew up in a pub. Were you eating pub grub from day one?

JO: I was lucky, really. Dad was one of the first gastro-pub pioneers so we just ate amazing local, home-cooked food. No junk, no shite. I started working downstairs in the kitchen from the age of eight. It was a nice, simple life.

#### MH How has your diet evolved since then? It can't have been easy being surrounded by good food all the time?

JO: As a chef it's hard not to have too much of anything because your job is to taste. But as you get older you need to adjust, don't you?

#### MH So what prompted you to take action?

**JO:** I think it was hitting 37 and being in really average shape. I was getting three hours' sleep a night, putting on weight and not really getting it. I'd always gone to a trainer but I just fucking hated it. It was really boring.

What I finally worked out was that it's important for you to do it on your terms. Previously, if I organised training in my time, I hated it. But then I was like, why is it that I can get up for a 3.30am call and be on set and smash the shit out of it, and yet getting to the gym is too hard? So I just shifted it so that the gym was on the way to work and it was part of the working day. The minute I did that I got really good at it. It's totally mental.

#### MH When did the emphasis in your cooking change purely from taste to nutrition?

JO: Well, my stories and narratives have always been about real food. You know, we've got five nutritionists working with us and last year I did a comfort-food book. People ast year I aid a connort-1000 book. I copie

said, 'You think can you do comfort food and

# "LIFE'S TOO SHORT TO EAT SHIT. YOU ONLY NEED 10 MEALS TO BE GENIUS AT FOR EVERYDAY LIFE"

still apply the stealth of five nutritionists?' Absolutely, because it's so easy to lose gallons of cream. But if you make it too lean then it's got to be a genius dish. The thing is, you actually get flavour and nutrition from having a good rainbow of vegies in there. It's a ninja bit of work.

#### MH You use the phrase "nutrition by stealth". You never saw nutrition and taste as incompatible, did vou?

JO: I'll tell you what I realised. Seven years ago I appointed my first nutritionist but, honestly, she was just a department. Then, after about three years, she cleaned up my backlist [of recipes] and we started thinking: instead of treating you like a health inspector, why don't you become part of the food team? Let's get in bed. We always take the piss: "Taking the fun out of food since 2007 ... "

#### MH Time is the other big factor in your recipes. That must make things tricky?

JO: Yeah, of course. You start thinking, right, well if time is a problem, I'll address it - 30-Minute Meals. Feedback? Not quick enough. Really? Fuckin' hell. Okay, 15-Minute Meals. Then it was, "Oh, we haven't got any money", so it was Save With Jamie. Then it was, "Okay, we're all a little depressed, it's a recession", so it's Comfort Food.

MH Campaigning so personally on public health issues wins you loads of plaudits. But you also cop it for being seen to butt in, right? JO: I probably shouldn't do it anymore, really. None of those projects have ever been easy, but pretty much what happens every time is I start off being hated and then I end up walking away with the key to the city.

#### MH What about regular blokes? What can they do to improve their cooking?

**JO:** First of all, life's really too short to eat shit. And you only need 10 meals to be genius at for everyday life. The reason a lot of guys think cooking's quite hard is because they do a recipe once, and then often don't ever do it again. So you never get the repetition that makes you brilliant.

#### MH Speaking of repetition, if you could only cook one meal for the rest of your life, what would it be?

JO: Really? It's like asking me to choose between my kids. Okay, probably a curry, a really delicious curry from Kerala. Fast, layered, fragrant but comforting with a little bit of "yes mother" from the chillies.

Everyday Super Food is published by Penguin on August 27.

# TOOLS OF THE TRADE

From humble chopping boards to futuristic food processors, some of the nation's top chefs share the one piece of kitchen gear they couldn't live without



#### 1/Nespresso Gran Maestria

Darren Purchese, Burch & Purchese Sweet Studio, Melbourne

"This machine is an essential part of my morning routine. I'm an early riser, usually before coffee shops, so to have a quality cup of coffee at my disposal is vital to ensuring my day starts right and stays right. A couple of shots of Arpeggio and I'm racing out that door." \$899; nespresso.com



#### / Konro BBQ Zeb Gilbert, Wasabi. Noosa Heads

"The konro is a traditional cooking method. The barbecue has walls made out of a special insulated material that reflects heat. Bincho is a special Japanese charcoal heated to a precise 1000°C that neutralises protein acids in meat. It's clean-burning and imparts an amazing aroma to any ingredient." \$215; chefsarmoury.com





3/Asahi Rubber Cutting Board Chase Kojima, Sokyo, The Star, Sydney

"Made from a special material comprising wood and rubber, this board is very gentle on the knife and doesn't harbour bacteria.' \$450; korin.com



Woll Saphir Lite Frying Pan Patrick Friesen, Papi Chulo, Sydney

"I've cooked literally everything in my pan, from cinnamon buns to a lasagna to fried eggs for brekky. I don't like to have too much stuff at home and you can pretty much do everything with a solid pan."

\$189; harveynorman.com.au



5/Excalibur Dehydrator Ryan Squires, Esquire, Brisbane

"This tool is an essential part of my kitchen. Temperatures range from 30°C to 70°C, transforming food for many different applications while concentrating flavours." \$499; zestybynature.com



"It's really small and only has two buttons. Super easy for making a quick herb sauce like a salsa verde or pesto. or even quickly mixing a light flour and egg base. Yesterday I used it to make protein balls. It's such a versatile piece of kit." \$119: cuisineart.com.au



Paderno Professional saucepans Gary Mehigan, Masterchef

"My favourite bit of kit is a serious set of heavyduty pots and pans. At home these might last a lifetime, an heirloom that gets passed down a generation or two. Heavy bases, super sturdy and excellent conductors of heat." \$75.41; grandcucina.com







Victorinox Kitchen Knives Ben Shewry, Attica, Melbourne

"These knives are like paring knives. I use the serrated one with a rounded tip for absolutely everything. It's a fantastic kitchen tool." \$17 for a set of three; harveynorman.com.au



Salad Spinner Ben Russell, Aria, Brisbane

"While a salad spinner is not what you may consider essential to my trade, it is something I like very much and don't want to live without. Wet lettuce and herbs don't benefit anything or anyone." \$39; harveynorman.com.au



10/Microplane Dan Hong, Mr Wong, Sydney

"A microplane finely grates loads of things - not only cheese and citrus zest, but also garlic and ginger for marinades, fresh truffles, almonds and even frozen fruit as a healthy topping for ice-cream." \$28; harveynorman.com.au



# A LUNCH DATE WITH ...

# Jacqueline Alwill

If you want to create relationship heat, says nutrition's It Girl, get into the kitchen

BY DANIEL WILLIAMS

urns out Jacqueline
Alwill and I spent
our youth in the
same place sleepy Lindfield
on Sydney's north
shore. So, having reminisced
about some old haunts, the time
comes during our lunch for two
when I look across the table and
say, "Jacqueline, tell me, how
could a man catch your eye?"

The gastronome, whose soulful approach to cooking has won her a following befitting a rock star, meets my gaze.

"There's a lot to say about a fitlooking man who loves food," she says. Then, with a giggle: "You would know that."

I would?

"Sure, because your magazine is all about that."

We're in her neighbourhood, in a booth at Bondi Harvest, an eatery that is pure Jacqueline. Her blue-grey eyes light up when the waiter brings her order - a regal mound of organic kale and cabbage slaw crowned with pulled lamb. It's just the kind of meal she would prepare herself and post on @brownpapernutrition for her more than 34,000 acolytes. As a matter of fact ... "Sorry," she says, snapping it with her phone. It's an offering that must be shared.

And just then I have glimpsed inside the world of food porn, where meals that look delicious and satiating are sent into cyberspace. There, legions of carbstarved, permanently famished followers who think food is better than sex respond in a manner bordering on the orgasmic.

A grand temptress of this realm is Ms Alwill, the force behind The Brown Paper Bag, principally a wholefoods catering

enterprise that does not, and never will, provide party pies or sliders. She's a nutritionist, food writer and soon-to-be author. She's also statuesque, almost Maria Sharapova height. Since neither of her parents is especially tall, it's reasonable to think that all the nutrients she's ingested over the years from her own wholesome creations have helped to make her such an arresting physical presence.

You were saying, Jacqueline, about what pleases you?

"I love seeing a man cook," she says, lightly brushing hair from her face. "It's incredible. I love the excitement. It's as sexy as anything to watch someone in the kitchen who knows their stuff."

While a lot of guys can cook respectably, reckons Jacqueline, few of us seem game to cook for a woman. "All you have to do is give it a shot," she says. "Cook a girl a piece of fish and serve it with salad. She'll be impressed. She'll be impressed that you tried, more than anything."

I suggest that offering to cook for someone isn't something you would rush to do too early in a budding relationship.

Another giggle, and then:
"I think in my twenties, in my
naivety, I'd maybe go out to
restaurants on a couple of dates
with a guy, and then I'd go, 'I'll
cook for you!' And I think that
probably brought things home too
quickly for them."

I assume she means guys would get the wrong idea, but later I wonder if what she's really saying is that they felt they were being hastened towards domesticity. Surely not. But I guess it's possible.



Food goddess Jacqueline Alwill: not the kind of woman you should complain to about your food choices.

It was a man who ignited her love of cooking. In the tiny kitchen of her girlhood, her dad would experiment in pursuit of intense flavour. "He was inspirational," says Jacqueline, the youngest of three daughters. She thinks her memories of him mixing, stirring and taste-testing were the "building blocks of culinary passion".

Two overseas sojourns intensified her feelings. When she was 10 the family uprooted to Japan, where Jacqueline spent three years absorbing the notion of cooking as art. At 22, she studied for a year at the University of Bologna, bunking with three highspirited local girls. At the kitchen table they would drink red wine to all hours, her new friends translating Jacqueline's sentences into Italian. "Passion! Deep, sensual passion that is remarkable and insane and gives you tingles down your spine," she says of the Mediterranean take on food.

While irrefutably part of the healthy-fare juggernaut, Jacqueline distinguishes herself with an attitude to junk that is nonjudgmental. Well... sort of.

Let's say, for example, that it was you lunching with her and, instead of ordering a Jacqueline-style dish like turmeric quinoa with bok choy, you went with the pie and chips. In her mind, would that be game over for the two of you?

"No," she insists. "As long as you're grateful and really enjoying that pie and chips, then so be it. But if you're going to order something terrible, and then *feel* terrible and complain about it, then seriously, back off, because it's boring to listen to."

It's quiet for a few seconds while she thinks about this some more, then she says, "You attract a lot of what you are, right? You attract a lot of the same energy you give out? So I don't think I've ever attracted somebody who wants to sit there eating a pie and chips."

Mostly, when Jacqueline's lyricising about food, she's imagining not a restaurant but a home. She's cooking for you, or you're cooking for her, or best of all you're cooking together, and the experience is bringing you closer - "maybe igniting a crazy fire", as she puts it.

She asks about my cooking, my signature dishes, and while trying to stay within the boundaries of truth, I make sure I emit some energy she finds familiar.

She has to fly. I stand. There's a promise to send me recipes for this and that, and a kiss on the cheek. Then she's gone.

I sit back down, order coffee, and in the fading afternoon light muse on food, ardour and Jacqueline Alwill.



With 20 grams of protein to every 100g, chicken belongs in your basket. But breasts can be dull and plucking expensive, so follow *MH*'s five-day, one-bird plan to make your stock rise



#### THE ROAST Roast chicken with

carrots, turnips and bread sauce

#### **INGREDIENTS** (SERVES TWO)

- 2KG ORGANIC CHICKEN
- 1 LEMON
- 500G CARROTS
- 500G TURNIPS
- · EXTRA-VIRGIN OLIVE OIL

#### FOR THE BREAD SAUCE

- 1 SMALL ONION
- 3 CLOVES GARLIC
- 500ML WHOLE MILK
- 100G FRESH BREADCRUMBS
- 30G BUTTER
- NUTMEG
- 1. Heat the oven to 180°C. Rub the chicken with olive oil and season. Prick the lemon then push it inside the cavity.
- 2. Place the bird in a deep baking dish, breast side down, in the upper part of the oven for 30 minutes, then flip and cook for another 30 minutes. Increase heat to 200°C and give it another 20 minutes.
- 3. For the bread sauce, peel the onion, stud with cloves and drop into the milk with the garlic. Heat gently. When the milk is almost boiling, take it off the heat and leave for 15 minutes. Roast the chopped veg with the chicken for the final 30 minutes.
- 4. Remove the onion and garlic from the milk, add other ingredients; season and heat. Stir until thick.
- 5. Let the bird rest for 15 minutes, then carve the breasts and plate up.

#### Tuesday THE PINS Chicken legs with garlic-sautéed greens

#### **INGREDIENTS** (SERVES TWO)

- 2 CHICKEN LEGS
- 500G SPROUTING BROCCOLI OR SPRING GREENS
- · 4 TBSP OLIVE OIL
- 1 CLOVE GARLIC
- 1 ONION
- 2 CARROTS
- 1 STICK CELERY - 5 BLACK PEPPERCORNS
- 2 BAY LEAVES
- 1. Cover legs loosely with foil and put in the oven at 160°C for 10-15 minutes, then cook the greens until tender but not floppy.
- 2. Peel the garlic and bash it, so it's broken but still intact. Gently fry in the olive oil, then remove. Drain the greens and drop them in the oil, stirring to coat them. Plate up next to the chicken and tuck in.
- 3. Before you wash up, make a stock. Discard the lemon, pick off any extra meat and save for other meals. Put the whole carcass (with any juices) in a large pan and cover with 2.5 litres of cold water.
- 4. Cut the onion, carrots and celery into chunks and add to the pan with the black peppercorns, a pinch of salt and the bay leaves. Bring to the boil, scooping out any froth, then reduce to a simmer for two hours. Strain the stock through a sieve. It should make more than enough for tomorrow's soup.





#### Wednesday THE SOUP Chicken soup with root veg, greens and pasta

#### INGREDIENTS (SERVES TWO)

- · LEFTOVER CHICKEN MEAT
- 4 TBSP OLIVE OIL
- 1 ONION
- · 2 CARROTS
- 1 TURNIP
- 1 PARSNIP
- 1 STICK CELERY
- CHICKEN STOCK
- HANDFUL SPINACH OR OTHER GREENS
- · HANDFUL SMALL PASTA OR BROKEN SPAGHETTI
- SALT AND PEPPER
- 1. You've already done the hard work, so this is going to go quickly. Peel and dice the onion, carrot, turnip and parsnip. Chop up the celery. Warm the olive oil in a large, heavy-based pan over a medium heat and cook the veg, stirring every now and then, for 10 minutes.
- **2.** Pour in the chicken stock, bring it to the boil, then reduce to a simmer for 30 minutes. Ten minutes before the end, throw in the remaining meat with the greens and pasta. Give it a pinch of salt and a grind of pepper.
- 3. When ready, divide between two big bowls, making sure you both get a bit of everything. Bruschetta or garlicrubbed toast with olive oil is good with this if you don't fancy pasta.

#### Thursday THE FILLER Chicken and pea risotto

#### **INGREDIENTS** (SERVES TWO)

- CHICKEN STOCK
- 3 TBSP OLIVE OIL
- 1 SMALL ONION
- 300G RISOTTO RICE
- 100ML WHITE WINE
- 150G FROZEN PEAS, DEFROSTED
- 50G PARMESAN CHEESE, GRATED
- 30G BUTTER
- 1. Time for serious fuel. Heat the remaining stock in a small pan and keep warm. Peel and finely chop the onion, then fry over a medium heat in a deep pan for three minutes. Add the risotto rice and stir until every grain is coated with oil, then add the wine.
- 2. Start adding the stock ladleful by ladleful. stirring all the time. Only add the next batch when the previous one is fully absorbed. After about 10 minutes, add the peas, then continue with the stock. Once all the stock is used up, take the pan off the heat and let it rest for one minute.
- 3. When 60 seconds is up, add the butter and the parmesan and beat everything together with a wooden spoon. Serve immediately, but make sure you save a third for vour final meal.





#### THE SALAD Arancini with fennel, orange and olive salad

#### **INGREDIENTS** (SERVES TWO)

- REMAINING RISOTTO
- · FINE BREADCRUMBS
- · VEGETABLE OIL, FOR FRYING
- 2 ORANGES
- 1 LARGE FENNEL BULB
- · HANDFUL BLACK OLIVES
- 1. To eke out your last supper you've got to be inventive. Mould the remaining risotto into walnut-size balls (these are your arancini) then roll them in the breadcrumbs and set aside on a plate.
- 2. Warm about seven centimetres of vegetable oil over a high heat. To check it's hot enough, drop in a cube of bread - it should dance around and turn golden in about 30 seconds. Fry the arancini four at a time for one minute, until browned. Blot on kitchen paper.
- 3. For the salad, peel the oranges and slice them crossways into quarters. Remove the stems of the fennel and reserve the feathery fronds, then halve the bulb lengthwise and cut each half into paper-thin slices.
- 4. Arrange on a large plate and throw on the olives. Sprinkle with salt and olive oil and a few fennel fronds, then serve with the arancini. Now you just need to work out what to eat this weekend.

# HONE YOUR CRAFT

Boutique brews are changing the Australian beer-drinking landscape. Here, James Smith, author of 150 Great Australian Beers and founder of craftypint.com, picks 10 of the nation's most delectable drops in different styles

Photography by Richard Mortimer



#### Dark Ale

**JAMES SQUIRE JACK OF SPADES PORTER** 

(Camperdown, NSW)

There are some fine smallbrewery dark ales, but this gem from Lion-owned James Squire's range kills it whenever I put it in a blind tasting. Smooth, layered and luscious.

#### **English-Style Ale**

**4 PINES ESB** (Manly, NSW)

Out of all the attempts to recreate a traditional English-style ale, few, if any, have succeeded like 4 Pines ESB (Extra-Special Bitter), a beer that transports you in an instant to a cosy British boozer.

#### Lager

2 BROTHERS KUNG **FOO RICE LAGER** 

You don't find too many lagers in the craft beer world, with most small breweries focused on brewing ales. The soft, fruitily aromatic Kung Foo from Victoria's 2 Brothers stands out in a small crowd.

#### Golden/Summer Ale

**FORTITUDE GOLDEN ALE** 

(Eagle Heights, Queensland)

Fortitude Brewing and sister label Noisy Minor have a strong claim to the best range in Queensland. This citrusy, piney, contemporary update on English golden ales is leading the breweries' charge across state lines.

#### India Pale Ale (IPA)

PIRATE LIFE **IMPERIAL IPA** (Hindmarsh, SA)

Okay, technically it's an imperial IPA - a boozier, hopper version of a relatively boozy, hoppy style - but it's a cracker. Pirate Life launched with a bang in 2015 and looks set for big things.



French/Belgian-style Ale LA SIRENE SAISON

Saisons are French/Belgian farmhouse ales that tend to be pale, spicy, tart and refreshing. Melbourne's La Sirene set out to be a farmhouse ale specialist, hit the ground running with its debut Saison, and hasn't looked back.

Red Ale

**NAIL BREWING RED ALE** 

(Bassendean, WA)

WA brewing legend John Stallwood has won enough trophies to fill an entire brew shed over the past 15 years. Best known for his mastery of malt, here he proves adept at piling on the hops, too.

Stout

**THIRSTY CROW VANILLA** MILK STOUT

The epitome of a cult classic in Australia, this vanilla-boosted sweet stout from Wagga's Thirsty Crow won a major trophy with its first batch and has a growing band of passionate advocates.

Pale Ale

**HAWKERS BEER** PALE ALE

Little Creatures set the standard for US-inspired pales; this first release from new high-tech Melbourne brewery Hawkers is bigger and bolder and will be spreading nationwide over the coming months. Pilsner

**AUSTRALIAN BREWERY** THE PILSNER

(Rouse Hill, NSW)

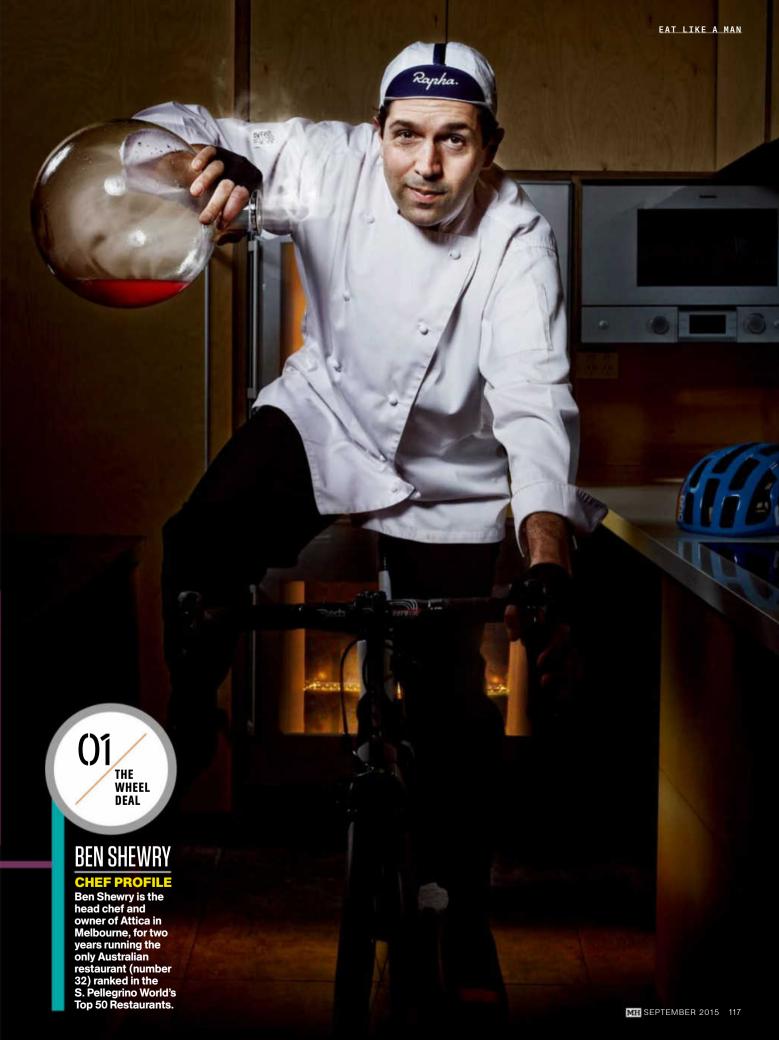
Sydney's Australian Brewery was the first Aussie micro to can its beer. The Pilsner - imagine a lager but more aromatic and bitter - is so good that WA brewing champs Feral asked to brew an imperial version with them.

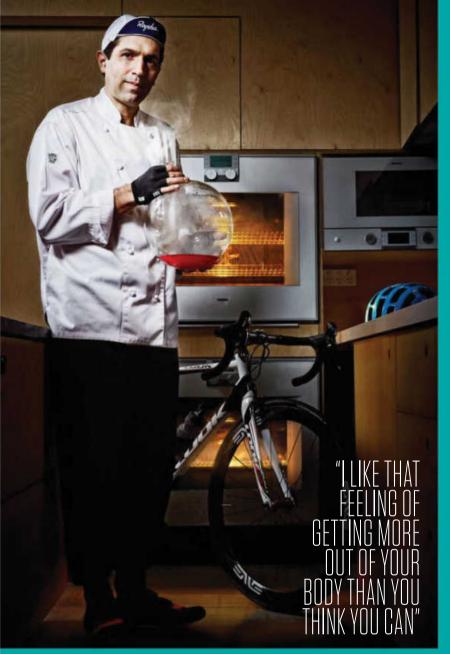


# HEALTH'S KITCHEN

Chefs can find it hard to let off steam. When you're working around the clock and surrounded by food, exercise is not always on the menu. But some of Australia's best cooks thrive through fitness. Try some fuel for thought >

BY BEN JHOTY & DANIEL WILLIAMS PHOTOGRAPHY BY KRISTIAN TAYLOR WOOD, JARROD BARNES & JEREMY SHAW





## BEN SHEWRY

WHEN NOT IN THE KITCHEN OF HIS TOP-RANKED RESTAURANT, THE KIWI WHIZ FINDS REFUGE AND INSPIRATION IN THE SADDLE

"I've been riding bikes my whole life. I began on BMX as a kid, then raced competitively on mountain bikes, before getting into road cycling. But when I started Attica there wasn't really time to do any riding at all.

"I reignited my passion for it about six months ago. As a cook you spend a lot of time in confined spaces, and even though you're doing physical activity, it's not the same as actually getting out and having a really good anaerobic workout.

"Riding bikes is perfect for me because I can do it at almost any time of the day. I could ride tonight after service around 11pm for an hour. I've got a really big set of lights and there's a lot less traffic on the roads.

"I try to ride a minimum of 4-5 times a week, which amounts to around 350 kilometres, mostly around the Bellarine Peninsula where I live. I always do it in what I call 'wasted time', when I would otherwise be sleeping.

"I enjoy the suffering of riding bikes. I like that feeling of getting more out of your body than you think you can. So I really like climbing hills. There's just nowhere to hide.

"It's a great distraction from the pressures you're under as a professional chef. You can just get out there and forget about stuff, or you can think about issues that need your attention as well. I always come back with more energy after a ride.'

## MATT MORAN

THE MAN WITH MORE ON HIS PLATE THAN AN **OUT-OF-SEASON ATHLETE** HAS A DEGUSTATION-LIKE APPROACH TO FITNESS THAT **HELPS KEEP HIS BODY IN SHAPE** AND MIND CHEF-KNIFE SHARP

"I grew up playing rugby. I played lock and outside centre all through school until I started cooking. And I've always gone to the gym. I used to be a bit bigger. I was 105 kilograms at one point. Now I'm at 95.

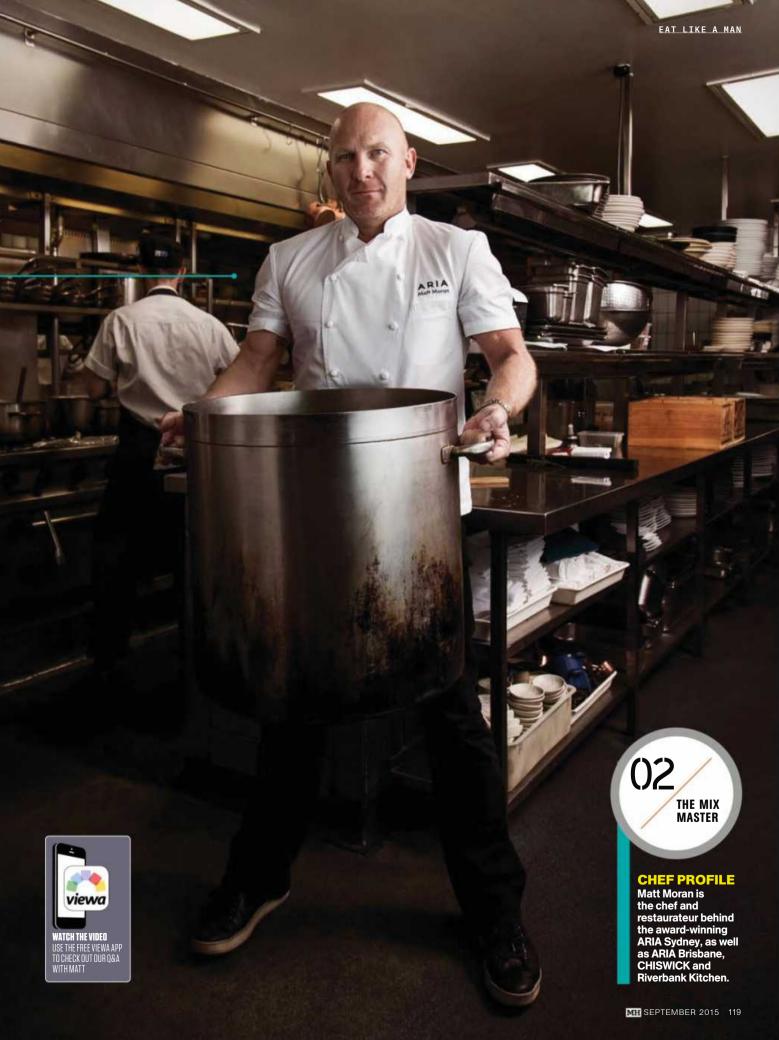
"But I don't do heavy weights anymore. These days it's more about repetition and variety. I do a bit of everything with my trainer Trent Langlands, who owns Lifecycle in Bronte. It's everything from pushing sleds, to climbing ropes, to burpees, to running, to hill sprints, stairclimbs, rowing and some weights.

"I always train in the morning, from six to seven. I don't have an issue waking up and going to the gym. Some weeks I can do 4-5 sessions, other weeks it's 2-3. It's about making time. People say, 'Oh, I work too hard'. Fair enough - you do. But you can get up an hour earlier. There's always time if you really want to do it.

"When I'm exercising I'm not thinking about work so much. But for me it can't just be one type of exercise. I've tried it that way. I used to swim 1.5 kilometres or do half an hour on the treadmill. The problem with those types of exercises is I start thinking about what I've got to do. Then I actually get out of the pool or off the treadmill and I go and do it. That's why I like mixing things up. When I'm doing different exercises my mind is more engaged. It doesn't drift back to work.

"I'm 46 now. I always said that between 30 and 50 is the time where you decide which way you go. I never wanted to be an overweight 50-year-old."

"BETWEEN 30 AND 50 IS THE TIME WHERE YOU DECIDE WHICH WAY YOU GO"





THE CULINARY WUNDERKIND **AND AVID SNEAKER COLLECTOR IS PUTTING HIS EXTENSIVE SHOE COLLECTION** TO GOOD USE AND LOPPING **LARD IN THE PROCESS** 

"I'd never exercised in my life until this year. I didn't understand it. I thought it was funny.

"The fact is, though, I was overweight. When my second son was due I thought, okay, I need to lose at least 10kg so I can be fit enough to play with my kids. I've now lost 13kg.

"On my very first run I got to the 3km mark and stopped. It was hellish. Everyone knows the first couple of months of running are horrible. But then I started losing weight and I began to really enjoy it.

"When I run I just think to myself, 'I've got to do 10km'. I run 3-4 times a week, either between lunch and dinner service in the afternoon, or in the morning.

"I like to run up George St and along Parramatta Road. It's really motivating when you do the same route and you start to beat your times. When I first started I was averaging seven-minute kays. Now I'm down under five minutes, which is pretty cool.

"I could never run without music. At the moment I'm listening to Big Sean, DJ Mustard, Travis Scott. It gets me going.

"If I'm short of time I run on the treadmill and I find myself thinking about the kitchen. I start planning dishes because it helps me forget about how long it takes. But if I'm running on the street there's more stimulation and I can zone out.

"I used to think standing all day as a chef burnt enough kilojoules. It was only once I started running and seeing the results that I realised that if you really want to lose fat off your gut, you've got to get your heart rate up. Now I've got the results, I don't want to go back."

"IF YOU REALLY WANT TO LOSE FAT OFF YOUR GUT, YOU'VE HEART RATE UP"



## Y DAN CHURCHILL

A COMBINATION OF SHIFTING **HEAVY WEIGHTS AND STAND-UP PADDLE BOARDING HAS HELPED THE EVER-BUOYANT FOOD AND FITNESS EXPERT RISE TO ANY CHALLENGE** 

"I grew up on Sydney's northern beaches as one of three brothers, so getting outside and being active was the most natural thing in the world. I played rugby from the age of six, got into all the summer sports and I was a Nipper, but if you were to ask me what my go-to exercise is nowadays then the answer's weight training - specifically, the big, old-school moves.

"I'm a very competitive guy and I'm usually pushed for time, so where that leads me is into super-intense sessions where I'm moving a lot of weight in a short period.

"I love squats. Well, I don't love them, but I love their output. Go hard with them using perfect form and you get maximum return on your investment. Thrusters are another favourite, as are the Olympic lifts. They're not easy to do properly but once you master the technique you're blasting pretty much every muscle you have. I'll walk out of the gym tired - spent, actually - but also pumped. Sprinting - and I mean all-out - is something else I do to push myself and feel great afterwards.

"The other element for me is stand-up paddle boarding. It's an awesome total-body workout that I prefer to do early so I get a sunrise into the bargain.

"Despite the knowledge I have about nutrition, I deliberately take the science out of eating. By that I mean that I refuse to look at a plate of food and see a chemistry lesson. You destroy the joy of eating if you get obsessed with that kind of stuff.

"The one concession I make post-workout is that I will eat *something* for the purpose of repair in the next half hour. I'll put together a colourful plate of wholefoods, confident it will give my body everything it needs."



"STAND-UP PADDLE BOARDING IS AN NWESOME TOTAL-BODY WORKOUT

Science.

now DudeFood. The Men's Health's Food Guy also boasts a **Masters in Exercise** 



#### 1 CATCH OF THE DAY

You don't have to hit the fish markets at 4am, but it helps if the guy you buy from has. Fresh is best," advises Chase Kojima, executive chef at Sokyo Japanese restaurant in Sydney's Star Casino. To ensure that your fish is fresh, buy whole and check the eyes are bright, the body's shiny, and the flesh is firm and odourless, adds Kojima. Older fish will start to develop a pungent aroma - a sure sign to move on to the next one. he says. Time kills nutrients and breeds bacteria - bad news when you're eating the stuff raw. Now, make these your next catch...



Kingfish is predominantly farm-raised, meaning it's important to buy fresh and eat quickly. "The bloodlines should be bright red and the fillets should be white without the skin on," says Kojima. Avoid specimens that have turned yellow or brown as that indicates lack of freshness - omega 3s degrade the longer the fish is out of the water. And kingfish is packed with omegas.



It packs more protein than chicken breasts and digging in raw won't leave you trapped in the bathroom the next day. Keep an eye on the colour; tuna turns from red to brown the longer it's out of the sea. And don't partake too often - its mercury levels can be high, warns Kojima.



#### Salmon

Fresh salmon should be firm. A quick press-test will tell you whether you've picked a winner, Kojima says. Just make sure you eat it the same day, otherwise it might quickly degrade in terms of flavour and health benefits.



#### Scallops

Preparing scallops with citrus, rather than oil and heat, means you get a cooked texture with added vitamin C. If you do want some heat, sear with a kitchen blowtorch for 5-10 seconds for amazing flavour, recommends Kojima. Tuck in for a dose of protein served with a side-order of blood-pressure-lowering electrolytes.

#### SCALE **AWAY**

Don't use the same chopping board for chicken and fish-a **Global Hygiene Council** survey found they harbour twice the bacteria of a toilet seat. A layered one like the **Sekiso High** Performance Peel-off Board (\$124.99; amazon.com) lets you remove the top sheet to reveal a bacteria-free surface. And when cutting, think samural, not lumberjack. Slice in a single motion, and hone your knife on the right side only for a sharper edge. For boneless slicing, choose a long, thin **INOX Yanagiba knife** (\$139, chefsarmoury, com). Start at the far side and draw the blade towards you in a single motion for pristine edges, says Kojima. To fillet a whole fish, a Mioroshi Deba (\$181; chefsamoury.com) can cut through bone. And fingers - be warned.





#### **Protein-Packed Kingfish Tartare**

#### INGREDIENTS

- KINGFISH COLLARS, 2
- SOY SAUCE, TBSP
- WASABI PASTE, 1 TSP - COOKED QUINOA, 100G
- DICED SPANISH ONIO N. 1/2
- CHOPPED MINT, 1 TSP
- CHILLI PASTE, 1 TSP
- · LIME JUICE, 1 TBSP
- · CARROT, 1/2, GRATED
- · SALMON EGGS, 12G

#### METHOD

Remove the fish from the bone with a boning knife. Dice, then mix with the carrot, quinoa and Spanish onion. Combine the liquids and pastes, whisk, then pour over the fish. Garnish with mint and salmon eggs and serve on a bowl of crushed ice.

#### **Get-Up-And-Go Scallop Tiradito**

#### INGREDIENTS

- CLEANED SCALLOPS, 4 - YUZU JUICE (FIND IT IN ASIAN GROCERY STORES), 3 TBSP
- GARLIC, 3 CLOVES
- · SMOKED SEA SALT, PINCH
- PLUM TOMATOES, 2
- OLIVE OIL, 2 TBSP
- SOY SAUCE, 2 TSP

#### METHOD

Quarter the scallops and marinate in yuzu juice for 30 minutes. Grate the tomatoes then mix with crushed garlic, oil and soy, and use to cover a serving plate. Scatter with scallops, drizzle over the remaining yuzu juice and season with salt.

#### 03 RAW DEALS

Great fish deserves more than a cushion of rice and a flood of soy sauce. Unlock a culinary and nutritional treasure chest with these recipes. Chuck out the frying pan while you're at it.



# Heart-Protecting Tuna Tataki

METHOD

- INGREDIENTS
   TUNA, 1 FILLET
- · OLIVE OIL, 1 TBSP
- GRATED BEETROOT, 1 TBSP
- · SPRING ONION, ½, CHOPPED
- ½, CHOPPED
   CHILLI PASTE, 1 TSP
- RICE-WINE VINEGAR, 1 TSP
- SOY SAUCE, 2 TSP
- LIME ZEST, PINCH
- MINT, CHOPPED

Cut the tuna into thin slices then season with oil, salt and pepper. Mix with the spring onion, chilli, vinegar, soy sauce and beetroot. Garnish with the lime and mint, then serve over carrot chips for a dose of betacarotene that cuts your risk

of heart disease.



#### Anti-Cancer Salmon Sashimi INGREDIENTS METHOD

- SALMON, 1 FILLET, SLICED THINLY
- CARROT, 1, SLICED THINLY
- · ZUCCHINI, SLICED THINLY
- HALF SPANISH ONION, SLICED THINLY
- RADISHES, 6, QUARTERED
- CAULIFLOWER, QUARTER HEAD IN SMALL FLORETS
- · CHOPPED CHILLI, 2 TSP
- YUZU JUICE, 50ML
- ORANGE JUICE, 50ML
- SESAME SEEDS, 2 TSP

together and leave to marinate overnight – the citrus will cook the salmon. The onion's quercetin and the phytonutrients in the cauliflower and zucchini provide a cancer-fighting triple threat. Plate up, then

Mix all the ingredients

top with sesame seeds, salt and pepper.



**BOOST FLAVOUR AND BENEFITS WITH THESE SUSHI STAPLES** 



#### WASABI

Unsure how fresh your fish is? Be generous with the wasabi — it kills the ulcer-causing Helicobacter pylori bacteria.



#### SOY SAUCE

Gut bacteria enjoy the fermented stuff as much as you do, meaning you extract more nutrients from the catch of the day.



#### GINGER

A staple of eastern medicine, ginger's inflammation-fighting properties are also scientifically proven: a very palatable palatecleanser.



#### **GUACAMOLE**

Team fish's cholesterol-fighting capabilities with avocado's hearthealthy fats. Blend with sea salt, lime juice and coriander.



**THE MAN STARES OUT** the plane window. He has flown from his home in New York and at last he is nearing his destination: Kununurra. The town sits on the margins of Australia's vast and remote Kimberley region, and the land around it - after long stretches of flat monotony - is now punching upwards.

The man is John Foss. He could be you. He certainly looks ordinary enough. Except there is nothing ordinary about John Foss. He is not staring - as ordinary men might from the window of a plane - at the rocks near Kununurra, or the cliffs, or the vast expanse of Lake Argyle. He is looking at fields.

To you or me, they look unremarkable. But Foss knows they are not just any fields. They're fields full of seeds, no bigger than pinheads, that are rich in omega 3s, dietary fibre, antioxidants, protein and calcium. Seeds that can change the planet.

The seeds are chia. Ten years ago, there were none in the area. In fact, as an industry, chia didn't exist. There were no producers, no suppliers, no distributors, no retailers, no consumers. Foss started the industry from scratch. But next year the company he founded, The Chia Co, is on track to achieve \$100 million in sales.

The kid from Black Rock - a rural Western Australia town so small its school had just eight students - has offices in Melbourne and Manhattan, where he now lives. He brokers deals with the world's largest retailer, Walmart. He hobnobs with Kelly Slater, who has become a brand ambassador.

So the question is, how does an ordinary man do this? Start an industry from scratch, become a CEO, launch a global business empire, change the world. What rules does an ordinary man follow?

#### RULE #1

WHAT'S THE POINT OF RUNNING IF IT'S DOWN THE WRONG ROAD?

Foss loves this Bavarian proverb. For much of his life, it appeared his destiny was the family wheat farm he'd grown up on. After being away for years – boarding school in Perth, then earning a business degree in farm management, followed by one in marketing – he returned to the farm. But he was soon frustrated. Wheat farmers are heavily dependent on external factors; Foss felt unempowered. He wanted greater control.

But that wasn't all. "I was farming wheat, thinking I'm putting all this energy into a fabulous product," says Foss. "But then we've got all these people getting sick from eating grain-based products: breads, pasta, beer. You begin to think: am I part of the solution? Or part of the cause?"

Foss realised the importance of a greater cause as inspiration. And he saw business as the vehicle for change. "How people eat, how people farm, lifting people out of poverty; it can be done by creating strong business models with the right ethics and doing it for the right reasons."

#### DILLE "2

#### SEE THE BIG PICTURE

So you've stopped running. But how exactly do you find the right road? The answer lies in seeing the big picture. It sounds easy. It isn't. Because understanding the big picture involves thinking – and thinking is something we don't do enough of. The reason is simple: thinking strategically doesn't just happen; you've actually got to set aside time to do it. Often, that means removing yourself from the immediate profit motive. "But it's critical," says Foss. "It has to be seen as an investment."

Foss was lucky, though. He won a Nuffield Scholarship – essentially the Rhodes Scholarship of agriculture. It allowed him to take a year off to think.

Most Nuffield Scholarship recipients look at specific issues, but Foss decided to go big. He travelled globally, researching trends affecting agriculture and food in general. He met with food retailers, suppliers, producers, marketers. Importantly, he approached his research impartially. "Go in with a fixed bias," says Foss, "and you'll have a skewed perspective." ➤





After a year of thinking, he came to some conclusions. First, farmers could no longer do as they wanted. Consumers now had a say concerning animal welfare and environmental issues. Second, the issues facing Australia around water, climate change and drought were global phenomena. Foss wanted to be involved with irrigated rather than dryland farming. Third, and most importantly, was a growing emphasis on health. "Consumers were looking for healthier products. Food companies were looking to make their products healthier. And governments were encouraging healthier eating. I decided I wanted to be involved."

#### RULE #3 DIVE INTO THE DEEP BLUE OCEAN

Not long after completing his scholarship, Foss saw a documentary on Mexicans living near the US border. Having

adopted many of their northern neighbours' dietary habits - eating processed food loaded with fat, salt and sugar - it was no surprise many suffered from obesity, type 2 diabetes and dangerously high cholesterol. But one group, despite similar eating habits, was not equally afflicted. The reason? They also ate the seeds of a local plant: chia.

They were mixing it with lemon juice to make a chia fresca, a traditional Mexican drink, For Foss. it sounded too good to be true. Why weren't people onto this already? Intrigued, he flew to Mexico, hired a car and - despite not speaking Spanish - headed out into the fields.

After meeting with chia farmers. Foss had some samples analysed and found an incredibly rich combination of omega 3, fibre and protein. And it needed no processing, no milling. He wondered, why aren't companies using chia already? The answer: there was no reliable source.

Foss realised if he could ensure consistency of supply, he could have a patch of "Blue Ocean": a term coined by W Chan Kim and Renee Mauborgne in their book Blue Ocean Strategy referring to a market space with no direct competition.

Blue ocean is not easy to find. For starters, it involves Rule #2 seeing the big picture via strategic thinking. And since there are no competitors, neither are there industry-specific models or case histories. The only way to learn is to dive in.

"When we first launched our retail products, we had a market research company saying we'll charge you a lot of money to tell you which ones sell best," Foss recalls. "And we said, you know what, we'll launch all of them."

It was one of the best decisions he made. "You can analyse and then over-analyse a market before you enter it," he says. "But sometimes you just have to create the product and go."

#### RIII F #4

#### BE PREPARED TO DO THE HEAVY LIFTING

After trekking around Latin America, Foss concluded that chia grew best - maximising its omega 3 levels - 15° from the equator, But one major problem for most regions at that latitude - a reason for chia's variable quality and inconsistent supply – is rain. Chia is hydrophilic: place it in water and it expands into a gel.

"That's great with satiety," says Foss. "But it also means if it rains at the wrong time it can start to swell." So he drew a line at 15° through Australia. It ran right through Kununurra.

Unlike Latin America, Kununurra is bone dry during the growing season. Irrigated by the waters of Lake Argyle, Foss saw Kununurra as the perfect growing environment. There was guaranteed water, deep black soils, low humidity and loads of sunshine. He briefly considered



#### FEELING SEEDY?

Chia seeds are surprisingly versatile and easy to insert into your diet

#### BE A TOSSER

Chia seeds crunch like poppy seeds but don't have a strong flavour, making them ideal for sprinkling over cereal, salads and smoothies.

#### **BRAN NEW DAY**

Chia bran is equally versatile but without the crunch.

#### THE GOOD OIL

Chia oil is delicious straight from the spoon.

#### POD RACER

Inspired by Kelly Slater's chia and almond puddings, chia pods are little tubs of chia and fruit mixed with coconut milk, oats or bircher muesli



The red dirt
plains of
Kununurra - an
unlikely home for
this potent
Mexican seed.



#### and human growth hormone." Here's the breakdown

Yes, "superfood" is

describe chia, long

prized by the Aztecs and the legendary

Tarahumara runners.

nutritional content."

wrote Christopher

best-selling Born to

Run, "a tablespoon

McDougall in the

of chia is like a smoothie made from

salmon, spinach

an overused term

but there's no

better way to

"In terms of

Chia is one of the richest plant-derived sources of omega 3 and omega 6, essential fatty acids that lower cholesterol, reduce the risk of artery disease, improve brain function and ward off dementia.

Neither can be produced in the body; you can only get them through your diet.

#### **ENDURANCE FUEL**

Chia's omega 3 can also boost endurance, perhaps one reason the Tarahumara cottoned onto it. A 2011 paper in the Journal of Strength and Conditioning Research found omega 3 chia-loading was just as effective as carb-loading in aiding athletic performance.

#### **FAT CHASER**

A 2011 University of Southern Queensland paper found that feeding chia to obese lab rats improved their insulin sensitivity and glucose tolerance, and reduced their heart and liver inflammation, while redistributing abdominal fat to other parts of their bodies.

# "If people leading a company don't have passion, it won't follow through"

producing chia there himself. He was a farmer, after all.

But another aspect of "blue ocean" is that while demand might not be fought over, it often needs to be created. It wasn't enough, says Foss, to simply grow chia. "We couldn't sit there and say: you buy it. We had to do the education and research. We had to teach people what it was, how to use it, how to eat it." In short, he needed other farmers to do the growing while he worked on creating an industry from scratch. His vision was a supply chain fully connected from farm to food company to retailer to consumer. One in which he could tell the story of each batch of chia, of where and how it was grown.

#### RULE #5

#### SURROUND YOURSELF WITH BELIEVERS

Foss certainly faced challenges. He was establishing an industry defying traditional analysis for a plant with no known market. Bank finance was virtually impossible. "We didn't fit their model," he says. "They were never going to lend to us." He admits he pursued that route for too long before seeking capital via private equity.

How did he overcome these obstacles? For Foss, the answer is straightforward: "Surround yourself with believers." It started with the farmers. The Ord Valley is a modern irrigation area; most farmers have come from elsewhere. "By nature," says Foss, "they were entrepreneurial and open to risk."

The next step: building a corporate team who believed. "It's probably our number-one criteria for employing people: if they don't eat chia, if they don't believe it's a product that can truly make a difference, there's really no place for them to work with us. Everyone here is 100 per cent committed."

That ethos followed through with his choice of brand ambassador. "We wanted someone genuine," says Foss. Kelly Slater – in his

forties and still taking down surfers 20 years his junior – a fact he attributes considerably to his diet – had been Instagraming about eating chia and almond puddings for breakfast.

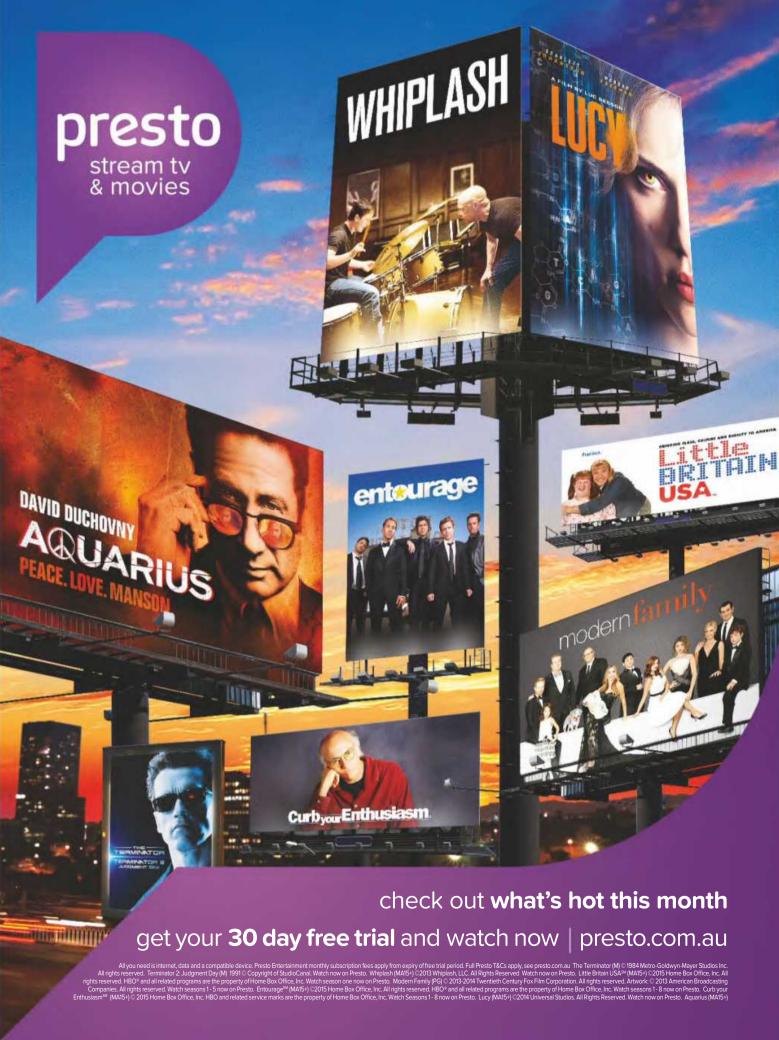
When Slater was competing at Bells, one of The Chia Co's managers, a surfer, knocked on the superstar's door and began talking through their products.

Soon, Slater was in Kununurra with Foss, fishing for barra, checking out crocs – and asking questions. Asking how chia was grown, asking about sustainability. He wanted to know Foss's bigger vision. And at the end of it all, Slater – an athlete with a strong environmental conscience – had signed on with The Chia Co.

But belief, most of all, has to come from the top. "Absolutely," says Foss. "If the people leading a company don't have passion, it won't follow through."

How do you believe in yourself? You start by running down the right road. ■

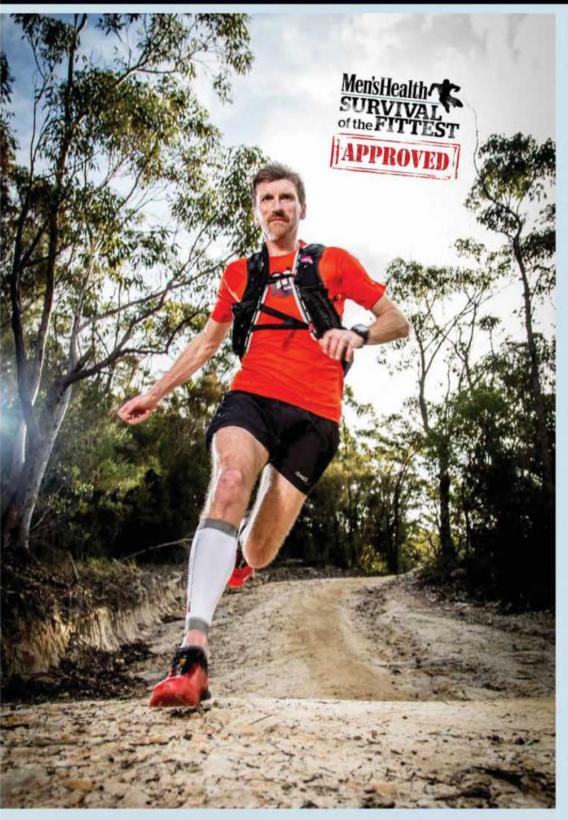




- 134 HEED THE
  TRAINING SECRETS
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- 137 BREAK NEW GROUND
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  TEAM SIX WORKOUT
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# **WIN THE LONG GAME**

ULTRA-ENDURANCE EVENTS NOT ONLY REQUIRE A ROBUST SET OF LUNGS AND LEGS, THEY ALSO DEMAND A CAST-IRON MIND. HERE'S HOW TO BUILD THE WHOLE PACKAGE

BY AARON SCOTT PHOTOGRAPHY BY GILES PARK

#### LET'S BE CLEAR ABOUT THIS:

Richard Bettles is not an elite runner. He doesn't top podiums and he doesn't break records. He's just a regular guy with a fulltime job who runs for the love of it. He did his first marathon back in 2000. That race was a long and painful struggle. In the final kilometre he was passed by a man wearing a rhinoceros suit. He eventually collapsed over the line in the dawdling time of three hours and 52 minutes. Humble beginnings indeed.

But in recent years, the 43-yearold Sydneysider has completed some of the most gruelling ultras on Earth; brutal races designed to push hardened professionals to the brink of physical collapse. In 2013, he knocked over the Marathon des Sables, a merciless 250km stage race across the powdery dunes of the Sahara Desert. He crossed the line in a tick over 29 hours, finishing 73rd out of 1017 runners.

This month, he'll tackle the Ultra Trail du Mont Blanc (UTMB). Like the Marathon des Sables, the physical dimensions of this race are staggering. The runners complete a 166km loop of Mont Blanc, climbing almost 10,000 metres in the process. Bettles - who's named his assault on the race "the Unforgettable Run" and will be raising money for dementia research via The Common Good - expects to be out on the trail for over 30 hours.

Ultra-running has taught Bettles a simple but powerful lesson: your mind always gives up before your body. Yes, going long demands a solid physical base. But once those physical foundations are laid, crossing the line is all in the mind. It's a truth that applies to any endurance event - be it a marathon, an Ironman or an obstacle race.

So how do you hone an unbreakable mind? And how do you build an everlasting body? Heed the lessons of a man who's gone further than he ever thought possible.



#### **MAKETHE CALL**

Not long after inching through his first marathon in 2000, Bettles chanced on a story about the Marathon des Sables in a National Geographic magazine. Those pages fired his imagination. "I remember thinking, if I can do that, I can do anything," he says. "But for the next decade I didn't act on that because I didn't think I had the self-discipline to go through with it. Eventually I realised that it was all in the decision-making; when I decided to do it, the training just fell into place. I was suddenly in a different mindset because I'd made the decision that I was going to do this race."

It's a truth Bettles has carried into his assault on the UTMB. "I will finish that race," he says. "And now that I've made that decision, the journey to that point is almost immaterial, because I know it's going to happen." Your takeout? The hardest step can often be the first. Commit to the challenge and doors will open.

#### **SEEKHELP**

Bettles' first attempt at the Marathon des Sables in 2012 ended in injury. Training solo, he pushed himself too hard and his body cracked. The following year, he enlisted the help of former triathlete and renowned running coach Rod Cedaro. "And that completely changed the game for me. As soon as I started Rod's program, I realised that everything I'd been doing to that point in time was exercise - now I was actually training. It was a shift in awareness, a completely different proposition."

Bettles' training became more specific. He started running to heart-rate zones, a shift that allowed him to put more kays into his legs than he thought possible. "And over that period of time I watched my heart-rate zones come down by 10 beats a minute." In preparation for this month's shot at the UTMB. meanwhile, Bettles has been training under the watchful eye of Australia's premier ultrarunner, Brendan Davies.

It's a worthy reminder: don't be afraid to seek help. There are wise mentors out there brimming with knowledge. Use them.

#### **KNOW YOUR ENEMY**

"I went into the Marathon Des Sables - which has over 1000 competitors - and I hadn't told anyone how I thought I would go," says Bettles. "If people asked me, I just told them I wanted to complete it." But he'd done his homework. He'd studied the finishing times of previous races, comparing them to times he'd run in local races.

By his calculations, he could finish 75th. He took that figure -75 - and repeated it, over and over, as he racked up the kays in his training runs. Come the final stage of the race, of course, he crossed the line in 73rd place. For Bettles, the concrete nature of the goal burnished his motivation.

It's a strategy worth employing. Don't set vague, subjective goals - pinpoint exactly what you want to achieve, then pursue it like a >



In an ultra-endurance event, the smallest niggles can grow into crippling injuries. Here's how to avoid three common ailments



#### BLISTERS

Feel an ominous hot spot developing? Slap on a blister pad. Compeed pads (\$10.95) are ultra sticky and water absorbent, forming a nice, soft buffer between a PB and a DNF.



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#### **CRAMP**

Nothing scuppers a race quicker than cramp. Stick some electrolyte tablets in your back pocket to keep the spasms at bay. **GUEnergy** electrolyte tablets; \$8



hound on a scent. And what of Bettles' goals for the UTMB? He smiles evasively: "I have some private goals..."

#### **GET SPECIFIC**

In the scorching Sydney summer leading up to the 2013 Marathon des Sables, Bettles would wait for the hottest part of the day, don two shirts and a beanie, then set out for four-hour training runs. He shrugs: how else can you condition yourself to the volcanic temperatures of the Sahara Desert? "Training like this, I conditioned myself until extreme heat became normal. During that race I never remember feeling uncomfortably hot. Even when I was running across a salt flat with heat shimmers - it was 54°C; the closest I've ever been to running in an oven - I didn't feel uncomfortable."

It's the old training philosophy of specificity. Training for a triathlon? Run off the back of your rides. Training for an obstacle race? Incorporate body-weight exercises into your runs. Training for an ocean swim? Hit the open water.

#### **ENJOY PAIN**

"When you run ultras, you've got to train your mind not to give up in the face of pain," says Bettles. "Your body will deliver as long as your mind gives it permission." Indeed, Bettles believes you can train your mind to a point where vou actively enjoy pain. "It's a mindset shift, but I challenge people to try it. When things start to hurt, tell yourself, it's only pain, it's okay. Before you knowit, you'll start thinking, ah pain, this is good."

And what of the pain Bettles will face as he spends 30-odd hours running through the Alps? He grins evilly: "I'm looking forward to it. Can I push past that pain? I'll have to, because I'm not getting a DNF in this."

\*To donate to The Common Good's "Unforgettable Run" campaign, visit thecommongood.org.au/unforgettablerun

#### **Run Sheet**

According to Bettles, every training run must have a specific purpose. "It's all about training for particular points in the race," he says. Here's a list of targeted runs that will ensure your legs are primed for every step.

#### STEADY-STATE RUN

Your plan: run a set distance at a speed that's comfortable for the first few kilometres, but hard to maintain over the final kays.

Bettles says: "I'll typically do 18km at 4:10 pace. It's all about holding on. Those last few kays are crucial."

#### HILL RUN

Your plan: run a hilly course, focusing on keeping your posture strong and your stride short and light - both up and down the hills.

Bettles says: "These sessions are all about building strength in your legs and strength in your mind. Don't forget to focus on the downhill portion of these runs – going down can often be harder on your quads."

#### PROGRESSIVE RUN

Your plan: run a flat course, gradually increasing your pace as the run progresses. The final few kilometres should be brutal.

Bettles says: "I'll do a 20km run, starting at five-minute kays and finishing at 4:10 kays. This boosts your ability to kick late in the race."

#### INTERVALS SESSION

Your plan: do 8x500m reps at high speed with a 100m walking recovery. Bettles savs: "For me, the intervals can be anywhere from 100m to a couple of kilometres. The aim is to improve your body's ability to clear lactic acid from your muscles."

#### LONG RUN

Your plan: run for at least an hour at a comfortable talking pace. Preparing for a half marathon? Build your long run to 18km. Doing a full marathon? Aim for 30km.

Bettles says: "Training for the UTMB, my long run will get up to 80km. But really, these runs aren't about distance, they're about time on your feet; conditioning your body to the aches of going long."





#### **RUNNING TIMES**

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#### **MAGELLAN ECHO FIT**

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Don't be fooled by the easy-to-read dial: this sharp piece of tech includes an in-built optical heart-rate monitor, meaning no more irritating chest straps. \$349; harveynorman. com.au



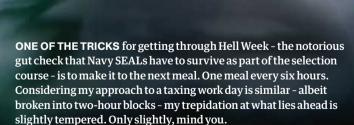
#### **GARMIN FORERUNNER 620**

Hefty price tag, hefty tech. This touchscreen GPS watch measures everything from vertical oscillation to VO, max. \$549; garmin.com

# FORCE OF WILL

USE THE HARD-FOUGHT INSIGHTS OF A NAVY SEAL TRAINER TO WORK OUT SMARTER, NOT HARDER





I'm in California for the Ultimate High-Performance Camp - a week training under the guidance of former SEAL Team Six operator Jeff Nichols. An 11-year veteran of multiple deployments, Nichols also pulled double duty as head of the Active Duty Human Performance Department for the Special Forces. He won't talk openly about his time in the elite SEAL Team Six - but he does let slip that he was stabbed and twice shot on overseas missions. Yep, this man is the real deal.

Thankfully, Nichols' post-SEAL approach to fitness doesn't centre on grinding humble recruits into the dust. The way he sees it, while the base level of fitness required to complete the SEAL selection course - which sports a brutal attrition rate nudging 85 per cent - is impressive, the Special Forces community still has a lot to learn when it comes to performance. "No-one puts in more effort or works harder than the Special Forces community," he says, as we stand on the sand of Hermosa Beach. "Not even athletes work that hard. We're really good at grinding ourselves down - but we're terrible at recovery."

And that's where you can gain the edge, soldier.

#### **GAMEDAY**

After pushing his body further than most civilians can ever conceive, Nichols realised there had to be a better way.

"I understand the euphoria that comes with working hard," he says. "But a close friend of mine who coaches professionally put it into perspective for me when he said, 'We want you to train hard, but what we're really training for is game day'.

"If you're grinding yourself down all the time, that's going to impact your game day. Now, your game day may not be a World Cup final - it may only be a Tuesday-morning five-kay run. But if you grind constantly, you're not going to have that capacity come game day. You can't have both."

For Nichols, this was a hardearned lesson. A strength and conditioning coach at Alabama's Troy University, he joined the US Navy in 2002. Upon discharge in 2013, however, his battered body was strong - but not healthy. "I got to the stage where I couldn't walk," he says. "My central nervous system was shot; my hair was falling out, my nails had gone soft." Separating his shoulder during a 156kg press was the catalyst for change.

"I reached the point where I realised it's not how heavy you can go," he says, "it's how efficiently you can move."

#### **BALANCING ACT**

"That shoulder injury was a good thing," he says. "It evolved my physiology because I realised how magnificent the human body is at adapting. Sometimes you have pain and no damage; just structural deficiencies that aren't necessarily getting worse but not better either. My injuries were less superficial and had a lot to do with my brain and its willingness to let me move painfree and efficiently. That took me a while to realise."

Nichols' problem is common in the Special Forces community. "Because we're constantly under stress, we're constantly revving at 4000rpm, if I can use an engine reference. Occasionally we'll rev up to 9000rpm, but when we down-regulate we only get back to that original 4000rpm. By the time we're out of the service our nervous systems are shot. That's why people have trouble sleeping, getting erections, digesting food - all those sorts of things. The question is: how do we get back down to 1000 rpm?"

Reckon you're revving high? Blame it on the interplay between your sympathetic and parasympathetic physiological responses. While the sympathetic (stress) nervous system is responsible for alertness, the parasympathetic (recovery) system rebuilds the body while also acting as an internal brake.

An inability to switch off overloads the sympathetic system, with increased blood pressure and elevated heart rate the first stops down a deadly road. Your ability to perform a precise movement - like shooting a weapon or performing an Olympic lift - also goes. "Your motor function simply evaporates," says Nichols.

How do you overcome this crippling condition? You revert to your training. "Take an Olympic weight lifter. He goes through the exact routine each and every time before performing a lift. This routine is a moment of pure mental preparation. These preparatory moments exist in all sports and even in the tactical world. Learning how to properly complete any action is best developed by creating a solid foundation regularly reinforced by fundamentals."

Your takeout: find routines that work - and stick to them. Take a session in the weights room, for example. Don't slap out a five-minute trot on the treadmill as a warm-up. This is the sloppy option that doesn't prepare your body for the acute stress it's about to face. Instead, argues Nichols, punch out sets of body-weight lunges. "These warm up your central nervous system," he says, "improving your ability to move efficiently with power, speed and agility."

#### **COMPRESS TO IMPRESS**

As part of Nichols' role managing the human performance program for the Special Forces, he was tasked with sourcing apparel that would speed up recovery - a misunderstood aspect of the SEAL program. It was at this point that he began to delve into the science behind compression gear.

Nichols is now an exercise physiologist with 2XU, the Melbourne company that kits out the Navy SEALS and the Australian SAS with their compression gear. These crack units wear the garments for a good reason.

"If you fall and scrape your arm, you get a scab," says Nichols. "When you train you get a similar type of microscopic damage throughout the muscle tissue; you get stiffening and calcification. How do you get rid of that damage? Well, hydration is important. But add a compression garment to the mix and it compresses those external capillaries where fluid is building. This means the hydraulics of your heart have to work less and you're able to flush out those damaging by-products."

A one-percenter? Sure. But as Nichols knows, when you're pushing your body to its limits, it's the one-percenters that can mean the difference between victory and defeat.

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WORKS
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"YOUR GOAL IS TO BE STRONG WITHOUT SACRIFICING YOUR HEALTH

# The Navy SEAL Workout According to Nichols, there's no need to reinvent the wheel when

According to Nichols, there's no need to reinvent the wheel when it comes to building muscle and shedding fat. "Everything is based on three things: heavy legs, heavy pull, heavy bench. Those three planes of movement are taxing on the nervous system so don't go into shoulders or arms thinking you need to break weight records. Treat those body parts as a break. Your goal is to be as strong as possible without sacrificing health."

#### **Directions**

After completing 2-3 sets of walking-lunge progressions (see below), complete the exercises in order. Rest for 90 seconds between sets. If your form begins to falter, rest for three minutes.

#### Warm Up

Nichols cites the walking lunge as the ideal pre-workout exercise. To execute the move properly, draw a straight line from your right elbow through your shoulders out to your left elbow with your hands resting on the back of your head. Throughout the lunging movement, your shoulders should remain in line with your hips. Do 10 reps on each leg. Up the intensity by resting a light barbell across your shoulders or holding the bar overhead.



01

#### SQUAT

With a bar resting across your upper back, stand with your legs shoulder-width apart, your toes pointed slightly out. Your core and glutes should be engaged, your head should be up. Push back with your hips and lower yourself until your hamstrings touch your calves. Push through your heels and drive your hips forward to return to the starting position. Do three sets of eight reps.



02

#### BENCH

Lie on a flat bench and lift the bar off the rack with a shoulder-width grip. Slowly lower the bar until it's a few centimetres off your chest. Pause, then slowly push the bar back up without locking your elbows. Do three sets of eight reps.





#### **DEADLIFT**

Stand with your feet shoulder-width apart, a bar resting against your shins. Push your hips back and grab the bar with an overhand grip. With your core engaged and your torso straight, drive the floor away with a powerful leg press. When the bar passes your knees, shunt your hips forward with a forceful glute contraction, locking your body into the standing position. Do three sets of eight reps

#### **ALTERNATING BICEPS CURL**

Stand, holding a dumbbell in each hand, your palms facing out. Your core should be activated, your shoulders retracted. Contract your right biceps as you slowly curl the weight up to shoulder level. Lower the weight and repeat the movement with your left hand. Do three sets of eight reps on each arm.



#### STANDING **OVERHEAD PRESS**

Stand, holding a bar at shoulder height with an overhand grip. Your hands should be slightly wider than shoulder-width apart. With your glutes and core activated, drive the bar straight up without locking out your shoulders or elbows. Pause, then slowly lower the bar to the start position. Do three sets of eight reps.



#### **SKULLCRUSHER**

Lie on a flat bench holding an EZ bar with a close grip, your arms extended. Keeping your upper arms stationary, lower the bar towards your face. Pause when the bar is directly above your forehead, then drive the bar back to the start position. Do three sets of eight reps.



#### **SLED PUSH**

Load up a sled with 50 per cent of your body weight. Grab the handles low enough that your back is flat when driving through the initial acceleration phase. Brace your core, lock your arms and push the sled forward at the quickest pace possible without sacrificing form. Push the sled 10 metres, rest for 30 seconds, then repeat for a total of six reps.



#### **BIKE SPRINTS**

One final exercise to red-line your heart rate and incinerate any stubborn belly fat. Set a timer for seven minutes and, on an exercise bike, pedal for 12 seconds at 90 per cent intensity. Rest for 30 seconds. Repeat until the seven minutes is up. If this work:rest ratio feels too easy, increase the intensity, not the time.



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#### **HOW DO THEY WORK?**

Adding weight is as simple as eating more kilojoules - no surprises there. But eating additional meals when you're not hungry can be tough and time consuming. Each shake is an enormous 'joule vault that'll bump up your energy intake. Research published in the journal JAMA found that to gain mass, you need to add roughly 4000 kilojoules to your daily intake, with at least 25 per cent of those kilojoules coming from protein. Fortunately, you'll find this in abundance in quality mass gainers.

#### WHEN DO I USE THEM?

The goal is to increase your kilojoule intake, so don't take them in place of your normal meals - drink them between meals. If you're training hard - and you certainly should be - then you can bracket your workouts with mass gainers. Drinks with a ratio of four parts carbohydrate to one part protein offer you the best combination for recovering after exercise, found research in Medicine and Science in Sports and Exercise. This goes for endurancebased pursuits as well. If you want quick gains, then

#### THE TRUTH ABOUT

LOOKING TO PACK SERIOUS MASS ONTO YOUR FRAME? MASS GAINERS ARE THE KILOJOULE BEHEMOTHS THAT WILL HELP YOU SIP PAST **ANY HARD-GAINER GENETICS** 

#### WHAT ARE THEY?

Loaded with extra protein, carbs and fats, mass gainers are protein shakes' big brothers. Spend your money wisely and you'll also get a host of added size-building trimmings such as glutamine, creatine and vitamins and minerals that work in unison to absolve you of those unsightly spaghetti arms.

#### ANY SIDE EFFECTS?

Well, you're basically binge eating through a straw, so you're bound to feel a tad bloated. It's also worth reading the label before investing. If the first ingredient is maltodextrin, then find another brand. Maltodextrin is a complex carb that floods your bloodstream with glucose, potentially spiking your insulin levels faster than sugar. This will only lead to fat gain. Your move: opt for varieties where protein is listed first and comes from a variety of sources. You want to look muscley, not puffy.

#### **NEAREST COMPETITORS:** WHEY PROTEINS

These have essentially the same ingredients, but lack the extra kilojoules of mass gainers. Many lifters will add some carbs to their regular whey-protein shakes to increase their energy profile. These additions include semolina, ground oats or cooked sweet potato - if you've got the stomach for it.

Most mass gainers weigh in at 2500-3000 kilojoules per serve. That looks like ...

knock back another shake before bed because you won't be burning

'joules in the sack. Well. unless ...



· 1 cup rice

1/2 avocado herbs and spices



- 150g salmon
- 1 cup cooked pasta
- 2 tbsp reduced-fat feta cheese

1 cup green beans



- 150g turkey
- 1 cup baked potato

WORDS: RAY KLERCK

1 tbsp sesame seeds

2 cups sliced tomato

# **ESSENTIALS**

Our guide to what's happening and what's new



#### STREET STYLE

One of Europe's leading producers of menswear JACK & JONES is launching at Myer this spring/summer. Renowned for its quality fabrics and innovative treatments, JACK & JONES is a casual yet cool denim and streetwear brand for young, fashion-forward men. Visit myer.com.au



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Developed by naturopaths, with greens, fruit, vegetables, vitamins, minerals, herbs, probiotics, fibre, organic sprouts and now with a better formula, Vital Greens is your convenient all-in-one daily health supplement. This greattasting powder-to-liquid formula helps provide you with a total supplement boost from just two daily teaspoons – adding more betterness to the rest of your day. Visit vitalgreens.com

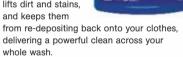


#### BE A PLAYER

Davidoff The Brilliant Game opens a new chapter of The Game saga. Based on an exclusive Americano cocktail accord, it reveals a new facet of The Game's universe. According to its creator, Jacques Huclier (Givaudan), this perfume was inspired by "the incredible moment in a game when you feel confident, positive and victory is just a natural consequence". RRP: 60ml/\$80; 100ml/\$110. Visit myer.com.au

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Dynamo is your guarantee of exceptional stain removal. The unique formula in Dynamo contains "Stain Lift Technology" that lifts dirt and stains, and keeps them



### THE SMOOTHEST SHAVE

For a comfortable shave, wet or dry, use the PHILIPS AquaTouch. The ComfortCut blades with rounded profile heads glide smoothly over skin, protecting against nicks and cuts. The shaver also features five-direction flex heads for a close, comfortable shave across all facial areas, and a click-on precision trimmer to complete your look. Available at all Myer stores and online at myer.com.au. RRP: \$199



#### THE HIPSTERVENTION

Do you have a mate who desperately needs to shave? Follow our instructions on how to stage a "hipstervention" with the BIC Flex 3 at thehipstervention.com





#### REAT FUNGUS FAST

Been using your fungal nail treatment forever? Use Canesten for two months or less! Ask your pharmacist for Canesten today. Visit canesten.com.au

Always read the label. Use only as directed. If symptoms persist consult your health-care professional.

# Discover Bolivia

The Death Road is said to be the deadliest stretch of road on the planet. Tackling it on two wheels? Channel 7's Sunday Night reporter Denham Hitchcock decided to give it a crack

By the time I realised I had mistakenly grabbed a fistful of front brake, it was too late. My mountain bike pitched forward and my stomach clenched . . . I was going over the handlebars at speed on the world's most dangerous road.

#### On South American bikes your

rear-brake lever is on your right handlebar - the opposite to Australian bikes. The guy who'd loaned me the bike had emphasised this point - but that wasn't helping me now. In front of me was a sheer drop of more than 600 metres. I tried to do the calculations: remaining dirt road versus current velocity . . . I was never good at maths.

The Death Road (its actual name is Yungas Road) was built back in the Thirties as a way for travellers and farmers to amble their way - on foot or horseback - from the heights of the Bolivian Andes to the Amazon rainforest below. In parts it's only 3m wide, a goat track etched into impossibly steep cliffs and airy drops.

Scores of wooden crosses line the road, but these macabre markers are mostly symbolic. The majority of victims have never been recovered. There are no rescue choppers here, and the nearest hospital is a six-hour drive away. If you go down, you're on your own.

The best estimate is that between 200 and 300 people lose their lives on this treacherous road every year. To blame are rock falls, landslides, rain, fog - or even the simple circumstance of two cars trying to pass each other on a track built for a donkey . . .

I had arrived in the Bolivian city of La Paz a few days before. The city sits at an altitude of 3600m - high enough to leave me breathless from climbing a

set of stairs. Now I was standing at the top of a mountain range on a borrowed bike wondering when it had last had its brakes serviced.

The starting point for the death-road ride nudges 4600m - more than twice the height of Mt Kosciuszko. A dense fog had settled across the mountains, bringing with it a misting rain. I looked over at the man who had dropped me off in a beatenup bread van. He flashed me a mouthful of broken teeth and shrugged his shoulders. Welcome to Bolivia, gringo.

The gears didn't work but it hardly mattered. The Death Road is so steep all you have to do is point the front wheel downhill and gravity does the rest. The terrain is dirt, mud, rock and thin air.

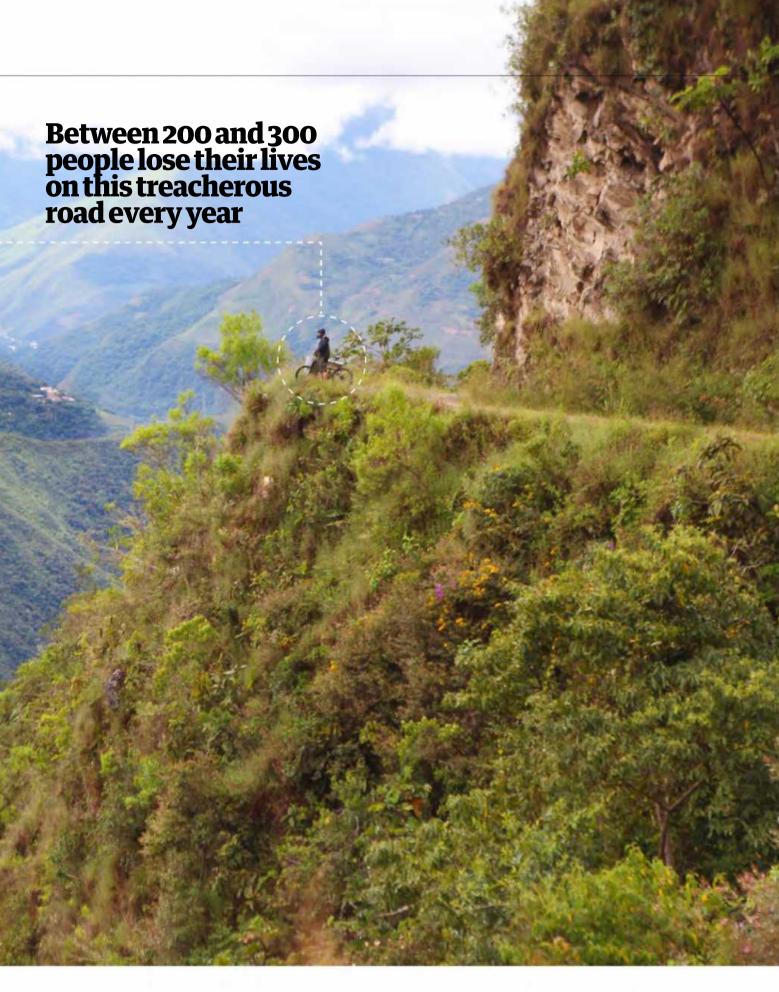
As I gathered speed the suspension began to groan in protest. Rain was stinging my eyes as mud spattered over my chest. I punched through a waterfall at speed, and then I did what everyone tells you not to do - I looked down.

Flying down the left-hand wheel track, I was less than half a metre from a sheer cliff. With the rain and fog I couldn't see the bottom; it just dropped away into a white, fluffy nothingness.

My heart was racing - I couldn't pinpoint the exact cause. Was it the altitude? The exertion? Or was it the possibility of a blind free-fall followed by the certainty of breaking every bone in >



Thrills, spills and a brush with death; Denham's descent was no Sundaymorning rideout.



# Discover Bolivia

my body? I started to laugh. Strangely, I was enjoying it.

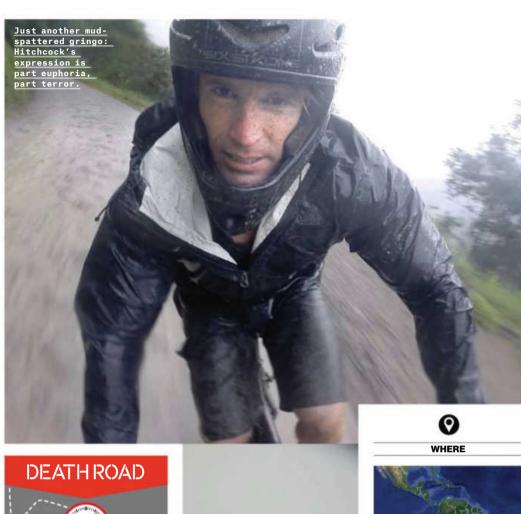
On a road that, in parts, seems too narrow for a bike I passed cars, trucks and even buses full of people - tyres millimetres from the edge, nervous faces peering through dirty windows, no-one daring to move. In Bolivia, traffic drives on the right-hand side but on this road - and this road only - the rule is reversed. By switching sides drivers are able to wind down their window and see how close their tyres are to the edge. Practical, I suppose. But a terrifying way to get to work.

By now I was halfway down, overconfident, and definitely travelling too fast. We live our lives looking ahead, calculating time, deadlines, achievements. But right now I had reached that rare nirvana: I was in the moment. There was too much going on. My senses were overloaded. It was exhilarating. My focus had condensed to a single point. I felt alive . . .

So perhaps it wasn't surprising that I forgot the Bolivian brake set-up and grabbed the wrong one. Already racing, now I was up on my front wheel, pitching forward, forward, forward. And over.

I glimpsed the edge as I reached the top of the arc, then all I saw was mud and bike wheels as I slammed into the track shoulder-first and rolled with the bike tangled in my legs. I came to a stop half a metre from the cliff edge. For a long time I lay on my back, breathing heavily, rain falling on my face. I distinctly recall it being eerily quiet.

Finally I stood up and climbed back on to my bike. The remainder of my descent proceeded at a more stately pace. I kept my hand glued to the right brake lever. I took the corners almost sheepishly. At the end of the road an old man controlling a boom gate chuckled and shook his head as he let me through. Just another gringo spattered in mud with a smile on his face.











#### TOUR

If you're determined to emulate Hitchcock's heroics on The Death Road, consider doing it through this outfit (gravitybolivia.com), which is renowned for supplying top-quality bikes, servicing them expertly and training its staff to a high level. Could make all the difference when things get hairy.



#### **ACCOMMODATION**

Before facing up to fear and exhaustion on The Death Road, enjoy some luxury in one of La Paz's finest hotels (stannumhotels.com/en). Offering mountain views, spacious rooms, gourmet restaurant and fitness centre, it'll be the perfect prelude to the challenge ahead.

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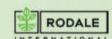
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# **Your Musical Score**

We riff on the high and low notes when a man faces the music



Proportion whose plus-one was a parent

Percentage of men who've accepted a toke or three from a stranger at a gig

Percentage of rookie giggers who wear the shirt of the band they're going to see



Percentage of men who aren't satisfied until they elbow their way to the front

Percentage of guys who've taken their chances with a ticket scalper



Proportion who've scored a 100 per cent discount by sliding past security



#### USE THE ROCK STAR ENTRANCE

extra person in your party.

Sold-out festival and not up for paying the scalper surcharge? You can still pull off a concert Hail Mary, says pop music critic Randall Roberts. "Most festivals have a VIP entrance apart from the civilian one," he says. "The VIPs often have extra wristbands, so you can hang there and use your charm to score the leftovers." Invoke a little Almost Famous: talk up the band you drove hours to see, maybe throw in some insider trivia. But keep it to you and a mate; your odds

of snagging those free passes diminish with each

If you don't care about the first act, plan to arrive 75 minutes after the doors open. Typically that's halfway through the opening set, says Dan Bogosian, a critic at the music blog Consequence of Sound. That way, you'll still have time to find a good vantage point. If you drove, snap a photo of your row number in the car park. Also, check a previous night's setlist: this tells you when to make a beer run. Speaking of beer, toss a bottle cap into your pocket (bartenders are often required to confiscate them). You'll reduce the risk of spilling that \$10 bevvy while rocking out.

Percentage on who've taken a Percentage of men mosh-pit plunge



Percentage who say they immediately regretted it

Proportion of men who are willing to take the hit and pay \$10 for stadium beer



Percentage who prefer to play "hide the flask"

Percentage of guys who always feel loose enough to sing along to every song they know



Proportion who wish those 42 per cent would save it for the karaoke bar

Percentage of men secure enough in their masculinity to accept free Taylor Swift tickets



Percentage of guys who can openly say they love Nickelback









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